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In Every Issue

6 CHECKING IN | 14 BEST ADVICE EVER! | 126 RECIPE INDEX

22 CROWNING GLORY

Achieve a braided updo in four simple steps

OCTOBER 2015

24 STYLE NEWS

Supermodel Jourdan Dunn's beauty secrets

26 ON THE FRINGE

All about bangs, including how to style them

30 THE MODERN MIX

Learn the art of layering

Health

39 REAL-WORLD WORKOUT

Five exercises to help you perform everyday tasks with ease

44 6 INSTANT HEALTH ENHANCERSFast fixes to boost wellness

46 SMILE BRIGHT

Pro tips for solving four dental dilemmas

49 MAKING FRIENDS WITH FOOD

When seemingly healthful habits can hurt you

Living

53 CAREER TOOL KIT

Tips for navigating the workplace and advancing your career

60 MUST-READS FOR FALL

What to read this month

62 FIND YOUR VOTING VOICE

Rick Mercer helps you cast your best ballot

65 EVERYDAY HEROES

Meet this year's Me to We Award winners

Home

75 ISLAND OUTFITTERS

Four ways to add colour to your kitchen

78 THE \$792 KITCHEN FACE-LIFT

Budget-friendly ways to refresh your kitchen finishes

82 KITCHEN COMMANDMENTS

Nate Berkus's renovation dos and don'ts

84 HOME NEWS

Make flat-pack kitchen cabinetry look custom

87 ART OF DARKNESS

Embrace moody home decor for fall

90 THANKSGIVING DECOR DIY

Showcase family memories on a photo table runner

Food

93 QUICK & EASY

Out-of-the-ordinary slow cooker suppers

100 ALL TOGETHER NOW

Your make-ahead Thanksgiving menu

108 TEST KITCHEN TIPS

110 COFFEE MATE

Your fave cup of joe in cocktail form

113 SWEET SURRENDER

Six seasonal desserts

120 LIFE ON THE FARM

Canadian pork and Cheddar make an elegant main dish

124 DROP-DEAD DELICIOUS

Our retro Apple Cheddar Drop Biscuits

130 EASIER THAN PIE

Five-ingredient pumpkin cheesecake

On the Cover



Photography, James Tse Food styling, Christopher St. Onge Prop styling, Jennifer Evans PHOTOGRAPHY: CARLYLE ROUTH (WOMAN); JAMES TSE (FOOD)



WINNERS* Find Fabulous For Less

QUEST FOR THE Perfect Bird

cook some meals so frequently that I no longer need to look at the recipe; repetition has burned them into my memory. Chicken pot pie filling is one (and a great cheat is to use leftover or supermarket rotisserie chicken). Bolognese pasta sauce is another. Oh—and a basic stirfry. These dishes are proven winners with my family, and I feel eminently confident putting them on the table.

Alas, that confidence doesn't translate to Thanksgiving dinner prep. When it's my turn to host the Super Bowl of family meals (every two or three years), it's as though my mind has been wiped clean, especially when it comes to the pièce de résistance. How many days beforehand do I need to start thawing the turkey? What temperature does my oven need to be? How long should I roast the turkey per pound? How often do I need to baste it? Is once an hour often enough? Do I need white wine to deglaze the roasting pan for the gravy?

Can you relate? Fortunately for us, Food specialists in the Canadian Living Test Kitchen have figured out all the answers, so you can stress less about your big Turkey Day meal. Whether you try the recipes in this issue (starting on page 93) or use a selection from the hundreds of options on canadianliving.com, you won't go wrong. Every one of our recipes has been Tested Till Perfect, meaning we don't print it until it's guaranteed to turn out exactly right in your kitchen.



Our Style team found me the perfect dress for hosting Turkey Day—both the shape and the fabric are abundantly forgiving. Dress, \$39, joefresh.com.

Now, as important as it is to have a reliable and delicious turkey recipe, let's not forget the reason we celebrate Thanksgiving in the first place. We asked our October guest editor, political satirist Rick Mercer, what he's thankful for as a Canadian in the year 2015. To discover his answer, turn to page 10 and watch my conversation with him at canadianliving.com/rickmercer.

And while we're on the subject: What are you thankful for? I hope you'll share your thoughts with me at letters@ canadianliving.com or on Twitter @canadianliving, or, hey, tag us when you post your Thanksgiving feast photos on Facebook or Instagram.



Sandra E. Martin,



It's our way of announcing special stories, recipes and photos celebrating our 40th anniversary. You'll find it in the pages of the magazine and online at canadianliving.com/CL40.



HOW WOULD YOU TOP THAT? Does the Rick

Mercer Report host prefer ice cream, whipped cream or a slice of cheese with his Thanksgiving

pie? Find out (and watch him bake with our Food director, Annabelle Waugh) at canadianliving.com/rickmercer.

EVERYTHING YOU'D WANT TO COOK

Coming to a bookstore near you on Oct. 6: Canadian Living: The Ultimate Cookbook. Yes, you read that right: Our Test Kitchen team has been busy retesting and revising classic faves,



and developing new recipes—all of which come together in the definitive Canadian cooking tome, featuring salads and sides, mains of every variety, desserts, marinades and more.





OUR BEST APPLE DESSERTS

Top off your holiday feast (see page 100 for our mouthwatering Thanksgiving menu) with one of our delicious apple desserts.

canadianliving.com/appledesserts



PRETTY PUMPKINS

There's more to pumpkins than Halloween jack-o'-lanterns and pie! Learn how easy it is to create a sophisticated centrepiece for fall. canadianliving.com/pumpkindecor

OCTOBER 2015

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canadianliving.com/ourcanada



GOOD GRAVY

Smooth and flavourful gravy is a must for Thanksgiving dinner. We have all the Tested-Till-Perfect recipes and tips for achieving perfect results. canadianliving.com/perfectgravy













PHOTOGRAPHY: RYAN SZULC (PIE); JEFF COULSON (PUMPKINS); GETTY IMAGES (LANDSCAPE); JAMES TSE (TURKEY)

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GUEST EDITOR



3 QUESTIONS FOR RICK ABOUT GRATITUDE

You travel a lot for your show. Do you consider that a major job perk?

I wish everyone could get around the country the way I have because it informs my love of Canada. You get to see firsthand how different the country is from region to region. It's tough for people to do that sometimes because it's prohibitively expensive; if you're sitting in Vancouver, it's cheaper to fly to Hawaii than it is to fly to Halifax.

What makes you grateful to live in Canada? It may be cliché, but the fact that we have universal health care is something to be cherished, and I think it's also something to be protected—we have to be vigilant about it, and make sure that it gets better and that it's not eroded.

Last year, you were appointed an officer of the Order of Canada. What does that mean to you? It's not something I expected, and it is the most flattering thing that's ever happened to me. I'm usually never speechless, but I was absolutely speechless when it happened. It's something I'm very, very proud of.







Rick Mercer

HEN RICK MERCER was growing up in Newfoundland, October came and went without large family gatherings that involved scarfing down turkey and pie. Thanksgiving just wasn't a big deal for some families in Newfoundland. It wasn't until Rick was 19 and visiting Toronto when he was first introduced to a true Thanksgiving celebration.

"I didn't know quite how big a deal it was. Everyone went around and talked about why they were thankful. Someone had been cooking for days. It was a full-on kind of Christmas dress rehearsal. And it was lovely," he recalls.

Though the now-famous political satirist and comedian acknowledges the holiday didn't play an important role in his childhood, he did learn to appreciate it, and the significance of giving thanks. "God knows we celebrate lots of things that don't encourage any reflection at all," he quips. "As I get older, I realize I'd be a fool not to take time to count my blessings occasionally. Health is the most important thing of all, of course, and I'm constantly aware that I'm fortunate when it comes to my career, because show business is a notoriously fickle occupation."

Rick's career is no small blessing: It has earned him more than 25 Gemini Awards and Canadian Screen Awards, an appointment as an officer of the Order of Canada and a more than decadelong show on CBC named after him. It's all due to his quick-witted political commentary, charming personality and unique ability to excel at being both silly and serious, when each is due.

But what Rick is thankful for this year is something far more significant than success or stardom. Exactly one week after Thanksgiving, on Oct. 19, Canada will peacefully go to the polls. All Harper jokes aside, that's something for which to be grateful.

"I don't think people think about it much, but we'll have an election fairly soon, and cars won't get turned over and people won't be shot. No one will disappear in the middle of the night. And by and large, for the people who choose to vote, their ballots will be counted. And that's something to be thankful for," he says. "There are lots of places on Earth where that doesn't go without saying."

When Rick visited *Canadian Living* headquarters to be our October guest editor, we taught him how to make a classic apple pie for Thanksgiving (get tips on page 108) and devise fun placecard holders for the table (watch the video at canadianliving.com/ placecards), but he taught us how to honour one of the greatest gifts we have in Canada—democracy—by making an educated decision at the polls (see page 62).

It's part of our Canadian identity to be self-deprecating, notes Rick; and, as you'll see in our Test Kitchen videos with him, he does make light of his lack of viable cooking skills. But we need to celebrate ourselves, too. "Sometimes," he says, "it's important to reflect on just how good we have it." — *Jill Buchner*







GET RICK MERCER AND FOOD DIRECTOR ANNABELLE WAUGH'S ADVICE ON HOW TO AVOID COMMON COOKING PROBLEMS AND MAKE A BETTER THANKSGIVING DINNER AT canadianliving.com/thanksgivingdilemmas.



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Best advice ever!

40 timeless tips from the archives of Canadian Living

Throughout our anniversary year, we'll be dipping into past issues to share inspired ideas that are as fresh today as when they first hit the page. Here are four decades' worth of wisdom from the October issues of Canadian Living.

- Always store your steam iron on its heel rest; this will avoid scratching the soleplate. - 1976
- 2 To make pumpkin purée, cut a pumpkin in half and remove the seeds and stringy fibres. Then, cut the pumpkin into chunks and peel. Steam or boil until tender, then drain
- thoroughly and mash into a smooth purée. - 1978
- 3 The most accurate way to check if a turkey is done is to insert a meat thermometer into the thickest part of the thigh, without touching the bone. - 1980
- 4 Fresh and frozen cranberries are interchangeable in recipes. Choose bright, dry, plump berries in plastic bags. Stash several bags in the freezer when they're a supermarket

- special; they'll keep until next year's replacements appear in the produce section. - 1982
- 5 Avoid bright blue and green eyeshadows in the office. They rarely look good under fluorescent lighting. - 1982
- 6 Always file fingernails toward the centre of the nail. A back-and-forth motion can crack nail tips. - 1983
- 7 To make ironing easier, take articles out of the dryer as soon as it stops or the weight of the clothing will set wrinkles in heat-softened items. Shake out articles, then fold or hang immediately. - 1985
- 8 Mixing fabric and wallpaper patterns is easy when you choose a stripe that repeats one colour from a floral print. - 1987
- When choosing a living room end table, keep in mind that the tabletop should be roughly the same height as the sofa's armrest. - 1987
- 10 Never sprinkle seasonings directly from the jar. The rising moisture from the cooking pot not only gets into the jar and reduces the potency of the herbs but also allows bacterial growth. Use a dry spoon to remove the amount you want, even if it's only a pinch. - 1988

- 11 Thaw frozen turkey on a tray in the refrigerator, allowing about 10 hours of thawing time per kilogram. - 1988
- 12 You aren't finished with vaccines after childhood: some immunizations require boosters every 10 years. Talk to your doctor and check your records to make sure you are up to date. **— 1988**
- 13 Always bring cash to flea markets and antiques shows. Although most vendors take credit cards, cash can give you extra bargaining power. — 1988
- 14 Before rearranging furniture, slip a thick sock over each leg of a table, chest or sideboard. It will make the pieces easier to slide and protect the floor from scratches. - 1992



- 15 When repainting a room, start with the ceiling. Using a two-inch-wide brush, paint a border around the edges of the ceiling where your roller can't reach. - 1992
- 16 Before you buy a new bathtub, climb in and try it out for size. Is the end panel of the tub set at a comfortable angle to ensure a relaxing soak? - 1992
- 17 To minimize crying when cutting onions, peel them under water and use a sharp knife. - 1993
- 18 When mixing cake batter, be sure to follow the beating times precisely; if times are shortened,



the cake will lack structure. If times are lengthened, it will be tough. — **1994**

- 19 Don't open the oven door while a cheesecake is baking. If the cake is exposed to a sudden temperature change when baking, or bakes in too hot an oven for too long, cracks may appear. 1995
- **20** If making purchases from an American catalogue or website, consider the exchange rate, duty, and shipping and handling charges. **1996**
- **21** To cut down on waste, choose a wallpaper pattern that doesn't extend beyond the width of the roll. It'll save you from lining up the next strip. **1996**



- **22** Paint drywall with primer before applying wallpaper or the paper will be difficult to remove when you redecorate. **1996**
- 23 Buy walnuts in the shell or store them in the fridge to keep their healthful vitamin E and omega-3 fats from going rancid. 1999
- 24 Casual-dress Fridays at the office are not an excuse for sloppiness. When in doubt, take a cue from your boss's attire, and avoid clothes that suggest you'd rather be at the beach. — 2000
- 25 If you're just starting to work out with weights, use 2½-pound weights for the upper body and no more than 10 pounds for the lower body. Even if the weights

don't seem heavy at first, they're still providing resistance. — **2000**

- **26** An upholstered bench is a great buffer between the living and dining rooms in an open-concept space. **2000**
- 27 Blend a mismatched collection of old wooden furniture items by painting them a single colour. If you use a white or off-white colour for large pieces such as bookcases or dressers, your rooms will look larger. 2000
- 28 To get rid of static electricity in your clothing, run a wire coat hanger up and down the items. 2001
- 29 The best cuts of meat for braising have a higher amount of fat and connective tissue than leaner roasting cuts. These melt during cooking to make the meat tender and succulent. 2002
- 30 For a healthy work-life balance, protect your time. If your day is already full, say no to new requests or schedule them for another day. Take a close look at your schedule and set realistic time frames for the completion of each task. 2003
- **31** Before repainting kitchen cabinetry, clean cabinets with TSP (trisodium phosphate) to remove grime and grease, then sand lightly and prime with an acrylic latex. **2008**
- 32 When installing sconces in a bathroom, make sure the centre of each fixture is roughly at eye level. This will eliminate shadows under the chin, eyes and cheeks. Choose lightbulbs that give off a crisp white light to render skin tones most accurately. 2008



33 When adding wainscotting to a bathroom, run it high enough behind the sink to act as a backsplash and protect other wall coverings. — 2008

Frends Layla headphones in Gold and Black, \$150, indigo.ca (see tip #37).

- **34** If a member of your family has to eat gluten-free, consider switching to squeeze bottles for condiments to avoid cross-contamination, and label gluten-free choices clearly with stickers. **2008**
- **35** Hang a landscape painting over the kitchen sink to simulate a window with a view. **2011**
- **36** Unsure if your pots are induction cooktop-friendly? If a magnet sticks to the pan's underside, it's suitable for induction heating. **2011**

37 Opt for headphones instead of earbuds. The latter don't stop extra background noise, which causes many people to turn their music to a hearing-damaging level. — **2011**

Need a style update?
Of's a cinch (see tip #38).

38 Cinch the waist of your fall topper with a belt to instantly update its silhouette. For a light fall jacket or blazer, choose a thin belt and wear it slightly above your natural waistline. — **2012**

39 When renovating a bathroom, limit your choice of fixtures to one manufacturer. It makes shopping simpler and takes the guesswork out of matching finishes. **— 2013**

40 Consider a darker-tinted grout for tiled front-hall floors, where grout lines are going to get dirty. — **2013**



IS THERE A PARTICULAR TIP FROM A PAST ISSUE OF CANADIAN LIVING THAT YOU'VE NEVER FORGOTTEN? WE'D LOVE TO HEAR FROM YOU AT CL40th@canadianliving.com.



MENSWEAR TOUCHES

FRINGE BENEFITS

FASHION CLASS: LAYERING



OCTOBER 2015 | CANADIANLIVING.COM

Follow these simple steps for Remark's geometric mani:





La Manucure de Chanel LeTop Coat Velvet, \$31, thebay.com.



Apply a base coat, followed by two coats of deep purplish-grey polish.



Brush on a matte topcoat.



MAKE IT LAST

Remark's top tips for extending the life of your mani.

- Make sure your nails are clean before applying polish. This means washing your hands with soap and water, then rubbing your nails with a cotton ball soaked in acetone or alcohol.
- Nail lacquer shrinks as it dries, which can cause it to recede from nail tips and lead to chipping. To prevent receding, paint a touch of polish along the tip of each nail.
- Wear gloves if you garden or do other activities that are hard on your hands.



Trace a metallic purple square in the centre of each nail tip with a striping brush. If you have a shaky hand, use painter's tape to outline the square.

Once the matte polish is bone-dry (it could take up to 40 minutes), press down on the tape to prevent seepage, then paint the square. Remove the tape while the metallic polish is still tacky.



Rita Remark, lead nail artist for Essie Canada

SAND + EMERALD OPI Nail Lacquer in Tiramisu for Two, \$11.50, shoppersdrugmart.ca. Revlon ColorStay Gel Envy Longwear Nail Enamel in High Stakes, \$8.50, revlon.ca.

modern duets

These polish pairings go together like Tony Bennett and Lady Gaga.

HOW DO I CHOOSE POLISH SHADES THAT GO TOGETHER?

BEAUTY SCHOOL

Make sure they complement each other, not compete. As soon as you have two outrageous colours, you lose the element of good taste. If you want to play it safe, texture block with similar colours and different finishes such as matte, pearl or shining metallic. For more pop, make sure one hue grabs more attention than the other.

BERRY + NAVY
CND Vinylux
Weekly Polish
in Rouge Rite,
\$12, cnd.com.
La Couleur Couture
Nail Colour in 1974,
\$13, shoppers
drugmart.ca.

GOLD SPARKLE + GOLD

Joe Fresh Nail Polish in Gold Crystal, \$6, joefresh.com. SpaRitual Nail Lacquer in Eye for Detail, \$12, sparitual.com.

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PHOTOGRAPHY: KEVIN WONG (PRODUCTS); ESSIE CANADA (REMARK)

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TOOL KIT

Redken Braid Aid 03 Braid Defining Lotion, \$25, redken.ca. Dove Style+Care Flexible Hold Hairspray, \$8, dove.ca. L'Oréal Professionnel Wild Stylers by Tecni.Art Crêpage de Chignon, \$24, at select salons.



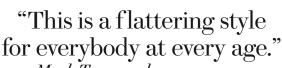
for this look. If you need some grit, Townsend, who has styled Jennifer Lawrence and Natalie Portman, recommends a spritz of dry shampoo or texturizing spray. Create a centre part and divide your hair into two sections at the back of your head.

If your hair is shorter, the sections can be on the sides of your head, above your ears.



Section off front strands on both sides, creating softness around the face. For pin-straight tresses, use a large-barrel curling iron to give the tendrils a slight bend. If you have bangs, leave out a few pieces next to your ears, in front and behind.





— Mark Townsend, Dove Hair celebrity stylist



Follow these steps to recreate Jennifer Lawrence's romantic braided

Braid both sections, making sure they're tight,

then secure each with a clear hair elastic. Using a dime-size amount of styling cream, rub your thumb and index finger together over the hair, working your way from the base of the braid to the tip. This adds texture, which gives the braid a more modern bohemian vibe, says Townsend.



Wrap one braid over your head, setting it about an inch back from your hairline, then secure the end with bobby pins. Wrap and secure the other braid in the same way. The braids might overlap, depending on the length of vour hair. Finish with a spritz

of flexible-hold hairspray.

CANADIANLIVING.COM | OCTOBER 2015



ElizabethArden

Jourdan Dunn

SUPERMODEL

Discovered at age 16 in a clothing store in London, England, Jourdan Dunn has swiftly catapulted to catwalk stardom. Today, the 25-year-old is a *Forbes*-listed top-earning model, has more than 1.3 million followers on Instagram, hosts *Well Dunn*, a YouTube cooking show, is an ambassador for the Sickle Cell Disease Association of America and is mom to five-year-old Riley, who has the genetic blood disorder. We caught up with the Maybelline spokesperson during New York Fashion Week and chatted about everything from Dunn's beauty secrets to her passion for cooking. — *Julia McEwen*

How do you juggle your hectic career with being a single mother?

Sometimes it's tough, but I'm so lucky and blessed to have a great support system. My mom is amazing and so is my agency—they understand that, before I'm a model, I'm a mother. I've turned down a lot of stuff because I want to spend time with Riley, especially now that he's started school. It's important to me.

What spurred the idea behind your YouTube cooking series, Well Dunn?

Life + Times [Jay Z's YouTube channel] wanted me to do a video series, doing something outside of how people perceive me. People don't really put modelling and cooking together. I'm not saying I'm a chef, but I am a home cook, so I'm chopping up things, I'm banging things, food's everywhere—it gets messy! I guess that's why people like it, because it's real.

What are your travel beauty secrets?

I'm obsessed with how Asian women take care of their skin. South Korea's 12-step approach is a bit much, so I've narrowed it down to seven or eight steps. My favourite



products from SK-II. All of their stuff is amazing." SK-II Facial Treatment Mask, \$17, sephora.ca.



Maybelline New York Eye Studio Brow Drama Sculpting Brow Mascara, \$12, maybelline.ca.

step is masking. During flights, I like to carry face-mask sheets. I apply one before we're about to land; everybody's sitting down so no one can see me. I don't care if it looks crazy; it's worth it as long as my skin looks amazing when I get off the airplane.

What's your favourite perk of being a Maybelline New York spokesperson?

I have so much makeup it's crazy. I really love to practise different looks on myself. I'm proud to be a visible minority fronting a major beauty campaign. And, hopefully, people who look like me will say, "You know what? If Jourdan can do it, I can do it, too."

ROOTS X PENDLETON

This fall, beloved Canadian leather-goods powerhouse Roots is teaming up with Pendleton, the Oregonbased wool expert, to create a mixed-media line of accessories. "Roots has always had a love for the Beaver State," says Roots cofounder Michael Budman. "It seemed like a natural progression to work with this like-minded heritage brand on a collaboration, especially since we've carried Pendleton in our stores since the 1980s." The collection will include footwear, outerwear and new and classic handbags using leather from Horween Leather Company and Pendleton's wool, a blend of 82 percent pure virgin wool and 18 percent cotton. The entire collection was assembled in Toronto and will hit select stores and roots.com in early October. — JM



The collection ranges from \$15 for a key fob to \$648 for a small Banff bag.

\$28 to \$88 per piece, indigo.ca.

SHOPPING

JENNY BIRD AT Indigo

Craving bling? Head to Indigo seriously. The book retailer has branched out in a big way with fashion accessories. The latest addition: a hot jewellery line from Jenny Bird, the Toronto designer known for her eclectic, bohemian style. The affordable collection features a mix of silver- and gold-toned metals with leather and glass pearls, as well as romantic pieces inspired by decadent, whitewashed decor and chic women such as Cate Blanchett and Natalie Portman. — Andrea Karr

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On the Rringe

Many women have a love-hate relationship with bangs, but for some, a full fringe becomes a way of life. Two women explain the perks you may not realize—and why you'll likely never see their foreheads again.

BY ANDREA KARR

CANADIANLIVING.COM | OCTOBER 2015

Y, STALMAN & BONIECKA/STOCKSY UNITED







fashion LOGIC

Dressing smart is made easy this season with European-designed, high quality fashion that inspires confidence from Olsen. Look and feel your best with these top picks and trends from Lynn Spence, Style & Fashion Expert.

"Fall doesn't mean you have to dress in dark colours. Mix neutral shades with bold, rich hues, like breton blue, for a modern look."

"From suede and knits to graphic prints, this Fall is all about texture. Mix and match different fabrics in a monochromatic colour palette to make the combination of textiles truly shine."

"This Fall the trends can be summed up in two words: effortless chic. Look for pieces that are both comfortable and figure flattering. The key is always finding pieces with the perfect fit."

Filoto. Andreas frauttification

Advertorial

"Grey is the standout neutral of the season. Wear grey head to toe or as a base neutral with bold accent colours."

"The flair is in the details. Mix feminine prints with edgy accents, like leather panels or zippers in unexpected places, for a look that's effortlessly chic."

olsen



Mosha Lundström Halbert, fashion director at Footwear News/Women's Wear Daily

GET CELEBRITY HAIR INSPOAT canadianliving.com/bangson.

"My mom is Swedish and Icelandic. Blond hair with bangs is a natural Scandinavian look."

henever a celebrity debuts new bangs, the Internet explodes with before-andafter pictures and "dramatic transformation" headlines. It happens regularly because bangs are always in style and they're an easy way to alter your look.

For some women, their first fringe turns into a lifelong accessory. Canadianborn Mosha Lundström Halbert, 29, fashion director at *Footwear News/Women's Wear Daily*, has worn blunt bangs since childhood. "It's the first thing people notice about me," she says. "My mom [fashion designer Linda Lundström] is Swedish and Icelandic. Blond hair with bangs is a natural Scandinavian look."

By contrast, Jennifer Thompson, 44, says her signature 'do came later in life, when she tried a bob with bangs at 35, and it instantly felt right. "This hairstyle identifies me to the point that new friends don't even recognize me when I have my hair pulled back in old photos," says the president of Toronto-based JT & Company, a marketing and PR firm.

There are many things that both women love about a fringe, such as its ability to draw attention to the eyes and cheekbones while offsetting less desirable features such as an irregular hairline and forehead creases. Some say bangs are even better than Botox. For Mosha, they don't just minimize the appearance of wrinkles—"they push pause on the aging clock, because they create consistency."

A fringe can also make any hairstyle look polished. "It's my ultimate beauty trick," says Mosha. "I just blow-dry my bangs and slick the rest of my hair into a low chignon. It looks like I'm perfectly coiffed even though I'm not." Jennifer feels her bangs add the finishing touch, just like a "great pair of heels or a dynamite handbag." For that reason, both women plan on a long-term relationship with bangs.

Of course, most fringes need to be trimmed every two to three weeks, and they require a certain amount of styling skill. Plus, they're prone to greasiness and (for some!) mid-parting. See "Fringe Benefits" (right) for pro tips that will help you love your bangs.

"This hairstyle identifies me to the point that new friends don't even recognize me when I have my hair pulled back in old photos."



Jennifer Thompson, president of JT & Company

FAST FACTS

Women with round faces can have bangs! They will actually de-emphasize the shape. The most universally flattering and modern length for a blunt bang is between the eyebrows and the lash line.

Bangs are easiest to manage for women who have straight hair of medium thickness.



Kristjan Hayden, creative director of Aveda Canada

FRINGE BENEFITS

Kristjan Hayden, creative director of Aveda Canada, has some bang-on answers:

HOW DO I BLOW-DRY MY BANGS SO THEY LOOK SMOOTH?

Start with very wet bangs. Using a paddle brush with mixed bristles, brush and blow-dry your fringe in one direction across your forehead, then brush in the opposite direction. Continue this process until your bangs are completely dry.

CAN I USE STYLING PRODUCTS ON MY FRINGE? Dry shampoo and thickening sprays are fine if necessary. Avoid heavy conditioners and styling cream, as they can add weight.

MY BANGS TEND TO PART IN THE MIDDLE. WHAT'S THE FIX? After blow-drying, spritz with a firm-

IT'S HUMID AND I'M PRONE TO A GREASY FOREHEAD. WHAT SHOULD I DO?

hold hairspray.

Dust your face with translucent powder. You can also gently back-comb the underside of your bangs to lift them ever so slightly off your forehead.



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BAG VALUED AT













Of you're of average height or shorter, you'll need to choose your footwear carefully. A well-heeled pair of shoes is a must to balance the volume of culottes.











Long and lightweight, a drapey oversize blazer is the ultimate layering piece. Pull off the look seamlessly by choosing a blazer that dips one to two inches below the hem of the dress. Blazer, \$65, reitmans.com.

A tweed menswear duster tempers the hot-pink frock and works beautifully with the black accents. Take your layer game up a notch by skipping the armholes on your coat and slinging it over your shoulders. Coat, \$370, banana republic.ca. Sunglasses, josephson.ca.









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6 INSTANT HEALTH BOOSTS

ORAL CARE

YOUR RELATIONSHIP WITH FOOD

Real-World Workout

How functional fitness trains you to be in top shape for everyday activities.

BY JILL BUCHNER

YOU MIGHT HAVE MASTERED your fitness class, but do you still have trouble lifting your luggage into the overhead compartment or moving furniture for your reno? It turns out that, though biceps curls and crunches may make you look good, they won't necessarily prepare you for the movements you need to perform in real life.

That's why a workout trend called functional fitness is becoming popular. It aims to make you better equipped for everyday tasks. The training philosophy pulls the focus away from individual body parts and toward movements that incorporate multiple muscle groups, says Jamie Snow, personal trainer and general manager of Fuel Training Club in Toronto. "In life, you squat, you move, you rotate and your body is working together as one unit," she says. Functional fitness helps people develop better physical control, avoid injuries and feel more energetic throughout the day.

It's an approach physiotherapists have been using to correct posture and faulty movements for more than 30 years, adds Maureen Hagan, a physiotherapist herself and GoodLife's vice-president of program innovation and fitness development. And it's growing in popularity because of our aging and sedentary population. "People are weaker, they have less vitality and they're gaining weight," says Hagan. "People are looking to feel better, not just look better."

Curious? Snow showed us how to master a few key exercises to become more functionally fit. (And, as always, stop if you feel any pain during these exercises and consult a health-care provider.)



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39





Your heels should never be lifted during a squat so that your heels, not your toes, carry the bulk of your weight.



MOVEMENT Squat

YOU DO THIS WHEN you sit down and stand up, tie your shoe or weed the garden

THE WORKOUT Standing with your feet hip-width apart, toes pointing out, your core braced and holding a kettlebell centred

tight to your chest with your arms bent, slowly lower your bum as far as you can while keeping your back flat, with a slight arch in your lower back. Drive through your heels to engage your glutes as you push yourself back up to standing. Repeat eight to 12 times.

KETTLEBELL DEAD LIFT

MOVEMENT Hinge

YOU DO THIS WHEN you pick something up off the ground or move furniture

THE WORKOUT Standing with your feet shoulderwidth apart and a kettlebell between your feet, push your bum back to hinge at the hips and reach down, bending your knees and keeping your back straight and your core braced. Lift the kettlebell with two hands as you return to standing, engaging your glutes and hamstrings as you pull back up, keeping your arms extended. Repeat eight to 12 times.





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Another Vitamix Aha: hot soup, out of almost anything.

Now you can take fresh ingredients and whip up hot soup in minutes—because the unrivaled power of Vitamix really brings on the heat. Visit vitamix.ca to see more recipes (including sauces, sorbets and more) and learn why Vitamix is engineered to change your life.







KETTLEBELL WINDMILL

MOVEMENT Twist

YOU DO THIS WHEN you reach for something beside you or put something in a cupboard at your side

THE WORKOUT Standing with your feet angled to the left and a little more than hip-width apart, and holding a kettlebell in your right hand, raise your right arm straight above your head. Hinge at the hips, bringing your torso to the left and rotating your upper spine so you're looking at the kettlebell, keeping your back straight and sliding your left arm down your left thigh toward the ground. Your arms should be perpendicular to the ground. Squeeze your glutes as you return to standing, keeping your right arm raised. Repeat eight to 12 times before switching to the opposite side.

Perfecting your "pull" will help improve your posture, making you stand taller.

KNEELING ROW

MOVEMENT Pull

YOU DO THIS WHEN you open doors, drag something heavy or pick something up

THE WORKOUT Standing beside a bench, rest your right knee and right hand on the seat, keeping your spine straight and your core braced. With a kettlebell in your left hand, pull your left shoulder blade in and bring your left elbow up to your hip. Lower your arm until it's straight. Repeat eight to 12 times before switching to the opposite side.

watch the workout at canadianliving.com/functionalfitness.





ELEVATED PUSHUP



MOVEMENT Push

YOU DO THIS WHEN you open doors or windows or lift something overhead

THE WORKOUT With your arms straight, your hands shoulder-width apart on a bench and your legs extended behind you, bend your arms, keeping your shoulders back, your elbows in and your neck and torso straight. When you're as close to the bench as you can get, press your hands into the bench to push yourself back up. Repeat eight to 12 times.

Use the elevated pushup until you're strong enough for a regular pushup.
If you're advanced, flip this move so your feet are on the bench and your upper body bears more weight.

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Melt Your Belly Fat

at deposits around your stomach are known to be the most detrimental to your health and also the hardest to get rid of. But with the delicious smoothies on the right, you can melt those stubborn pounds away.

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TRY ANY OF THE DELICIOUS IMMUNE-BOOSTING SMOOTHIES BELOW TO GET YOUR DIET STARTED

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- 8 Tbsp Almased 360 ml water
- 2½ tsp lemon extract
- tsp flaxseed or walnut oil
- 1 tsp stevia (optional)



Strawberry Flaxtini

- 8 Tbsp Almased
- 1½ cup water
- ½ cup strawberries
- Tbsp ground flaxseeds



Cinnamon Roll

- 8 Tbsp Almased360 ml unsweetenedvanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



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6 instant health enhancers

No time for a gym membership? Try one or more of these easy lifestyle adjustments to boost your physical health and mental wellness.

BY JACQUELINE KOVACS

DROP THE AFTERNOON COFFEE

That 3 p.m. cup of dark roast may be just the thing to rev you up for the rest of your day, but it's not doing you any favours as evening approaches. Researchers at Wayne State University in Detroit found that caffeine can affect the quantity and quality of sleep, even when consumed six hours prior to bedtime, potentially knocking an hour or more off your nighttime sleep.



UNCROSS YOUR LEGS

Sitting with one thigh over the other is an unconscious habit for many of us. The problem is, when you cross your legs, you torque your hips and rotate your pelvis, putting pressure on your spine. Long term, that can lead to neck and back pain. Worse, habitual leg crossing has been linked to raised blood pressure and herniated discs. Once you've kicked the crossing habit, aim to keep your knees and ankles at 90-degree angles.



The label may say "zero-calorie," but that daily can of pop can cause you to gain weight. Research has linked diet sodas not only to increased belly fat but also to a higher incidence of metabolic syndrome, which includes risk factors such as abdominal obesity, high blood pressure and high triglycerides—all precursors to heart disease and diabetes. Ditching diet soda is also good for your bones: A 2014 study found that increased consumption of diet soda is associated with increased risk of bone fractures in postmenopausal women.







UNPLUG FOR AT LEAST ONE HOUR PER DAY

Boosting your physical and mental health can be as easy as scheduling unplugged time every day. In fact, tuning out of your devices and tuning into nature has been linked to higher levels of cancerfighting proteins and a reduction in the symptoms of anxiety and depression.

WALK ONCE AN HOUR
You may have heard the
expression "sitting is the new smoking."
Prolonged sitting and inactivity can
increase your risk of heart disease,
diabetes and other health hazards.
A two-minute stroll once an hour
around the office, your home or your
backyard can help offset those ill effects
and lower your risk of premature death
by 33 percent.

WEAR SUNSCREEN YEAR-ROUND

Most of us don't need a reminder to slather on the high-SPF stuff in summer—but we really should be doing it year-round. That's because unprotected exposure, even on cold or cloudy days, increases your chances of skin cancer, which accounts for one in three cancers diagnosed worldwide. Plus, sunscreen is one of the best anti-aging products out there; a 2013 Australian study found a signficant delay in skin aging as a result of daily sunscreen use. For everyday protection, use SPF 15 or higher.





You could swear your teeth used to be whiter. Maybe those gums are inching farther away from your choppers. Or perhaps a lifelong love of pop, citrus and other highly acidic foods means you fear your teeth are one glass of sangria away from being see-through.

Whatever the mirror is saying, it's safe to say that most of us could be doing more to take care of our oral health. But where to begin? We asked two top dental health professionals for their insights.

Gum health

Gingivitis, or inflammation of the gums, can do more than make your gums bleed—if left unchecked, it can lead to tooth loss and periodontal disease, which has been linked to heart disease, says Dr. Euan Swan, manager of dental programs at the Canadian Dental Association. Inflammation sets in when bacteria accumulate around teeth at the gumline and make their way under the gums. Over time, this chronic

inflammation will eat away at the bones holding our teeth in place, which can lead to receding gums as well as loose and even lost teeth.

THE FIX Gum care is essential, so floss and brush the gum area daily with a soft toothbrush—hard brushes can cause wear and tear. Next, see your dentist regularly to have your gums assessed and monitored. Early detection of chronic inflammation and gum recession allows for early treatment and can prevent future problems. Treatment for chronic gum inflammation usually means a deep cleaning to remove the bacteria stuck in pockets between teeth and gums. Extreme cases may call for gum surgery.



Enamel erosion

What causes our precious enamel to lose its lustre? Diet plays a huge role. Carbonated soft drinks, fruit juice, citrus fruit, wine (both red and white) and candy are just some of the foods and drinks that, over time, thin the protective coating on our teeth, leaving us vulnerable to cavities and discoloration.

Acid reflux can be a source of chemicals that cause erosion of the enamel, leading to a loss of tooth structure, says Dr. Les Kalman, assistant professor in restorative dentistry and chair of the Dental Outreach Community Services program at Western University's Schulich School of Medicine and

Though avoiding sugary or acidic food and drinks helps protect enamel, you don't need to go cold turkey on sweets, coffee, wine or orange juice.

Dentistry in London, Ont. Dry mouth, a common side-effect of many medications, can enhance the erosive process.

THE FIX If erosion is suspected, Dr. Kalman recommends that patients see their dentist for an exam. And if erosion is in an active phase, the patient should be referred to a physican. For dry mouth, chewing sugar-free gum and sipping water can help, as can some over-the-counter saliva substitutes, such as Biotène Moisturizing Mouth Spray or Oasis Mouth Moisturizing Spray. Though avoiding sugary or acidic food and drinks helps protect enamel, you don't need to go cold turkey on sweets, coffee, wine or orange juice. Just don't swish acidic beverages around in your mouth, don't sip those beverages slowly, and drink plenty of water to help your teeth recover. Better yet, use a straw.

Grinding

Teeth grinding is quite common—Dr. Kalman says we all may do it to some extent. But if the problem goes on too long without intervention, you could wear your teeth down significantly. Excessive grinding or clenching can wear away the protective enamel and expose the dentin (the yellowish, bone-like tissue that makes up the bulk of the tooth and is not as hard as enamel). Exposed dentin is at a greater risk than healthy teeth for cavity formation—and those cavities progress more rapidly, leading to even more dental complications.

THE FIX How do you know when it's time to get help? Tooth sensitivity, loose teeth or trouble opening your

mouth may be a sign of accelerated tooth wear, says Dr. Kalman. People who habitually grind their teeth should talk to their dentist, schedule an exam and inquire about an intervention, such as a bite splint (mouth guard).

Whitening

It may be more about esthetics than long-term oral health, but many of us would like a whiter smile. Unfortunately, it's not as simple as avoiding such stain producers as cigarettes, coffee, wine and blueberries. Erosion and thinning of tooth enamel can make teeth look more yellow (due to dentin exposure), so keeping smiles bright means protecting the enamel and keeping it free of stains.

THE FIX Whitening toothpastes, which contain abrasives that can polish teeth and chemicals that can help break down stains, may not always live up to the promise on the label, according to Dr. Swan. Sure, they can remove surface stains, but if discoloration has penetrated the enamel, you need the help of peroxide, a powerful bleaching agent, to really lighten up.

Most drugstores sell at-home kits that are strong enough to remove those deep stains, although the peroxide levels are generally much lower than what's available at your dentist's office. Consider seeing a professional if you have crowns or veneers and want to ensure a uniform shade of white, or if you simply want your teeth to reach a certain shade. Just don't go overboard; overzealous whitening can have unintended consequences, such as irritated gums and sensitive teeth. And that's nothing to smile about.

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EYE HEALTH Advertorial



y name is Kathy and I am in my 60's now. Since the age of 10 I have had eye problems, such as blurred vision, and therefore I always feared my yearly eye exams. I knew the results would be bad.

I heard about Blue Berry from a friend

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Kathy C., New-York

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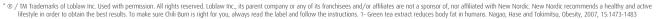






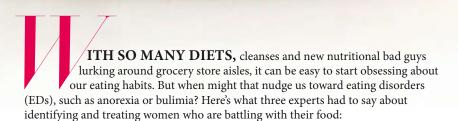






The experts dish on our complicated relationship with eating and the evolution of eating disorders.

BY TRALEE PEARCE



HOW MANY CANADIANS EXPERIENCE EATING DISORDERS? WHAT IS THE IMPACT?

Dr. Jericho: Among women, rates of anorexia are about 0.5 percent. Bulimia is around one percent. These numbers represent people who meet the diagnostic criteria but not those who are struggling with eating issues whose symptoms don't quite fit the same criteria. People with eating disorders are often weak, cold and lacking energy.

EDs impact every organ system in the body and can cause fatal heart attacks. **Ugyan:** It's starting young. Eighty-one percent of 10-year-olds are afraid of becoming fat. Almost 50 percent of people with an ED meet the criteria for depression.

Fox: Eating disorders have the highest mortality rate of any mental health issue. People think of the most extreme case, anorexia, but most who suffer with eating disorders appear to be physically "normal"—you wouldn't even know.

OUR PANEL

Dr. Monique Jericho is a psychiatrist and the medical director of the eating disorder program at Alberta Health Services in Calgary.

Shelley Ugyan is a Vancouver eating disorder and emotional eating health coach and the author of Food Freedom. Ugyan has recovered from a long-term eating disorder.

Kyla Fox is an eating disorder therapist and founder of The Kyla Fox Recovery Centre in Toronto, the first eating disorder treatment centre of its kind in the city. Fox suffered with, and recovered from, anorexia and an over-exercising disorder.

WHAT ARE RED FLAGS TO WATCH FOR?

Dr. Jericho: I become concerned any time I hear someone is becoming increasingly rigid with their diet.

Ugyan: If you've been on a diet for most of your life and you're always looking for the next fix. If you're anxious about food, shape or weight even some of the time, this isn't a good sign. Turning to food for any reason other than nourishment might be a sign of a problematic eater.

Fox: Common signs could be changes in mood; changes in social behaviour, such as isolating or an inability to easily adapt to change; and changes with food, like eliminating things from the diet, eating in private or being rigid (such as wanting to eat specific things at specific times).

WHAT DOES TREATMENT LOOK LIKE?

Dr. Jericho: It involves support from a care team that often includes a psychotherapist, a nutritionist and a physician who helps stabilize the patient medically and assists in the resumption of normalized eating patterns. Treatment allows for insight into the role the ED plays in one's life. Very often, that means exploring issues around self-esteem and perfectionism, as well as identifying and managing emotions. **Ugyan:** The person has to make a decision to stop the quick fix. I try to help people change the black-and-white thinking behind their behaviour, such as all sugar is bad and if they eat one cookie, they'll binge on the whole box. The overeating happens with what I call highway hypnosis, which is that feeling of arriving at your destination without knowing how you got there. It comes down to being conscious.

Fox: Treatment is a very individual process that requires a long-term commitment, patience, a readiness to get well and the willingness to be honest about oneself. As part of the various intensive clinical therapies we offer to get to the root of the illness, narrative work can be helpful. We take the eating disorder and separate it from the person. When a person has an illness, they think *they're* the illness; separating the two creates space for that person to fight, to see themselves outside of the illness. We combine this work with holistic healing practices to manage the food and body symptoms. Some of these practices include holistic nutrition, naturopathic medicine, acupuncture, supervised mealtimes and yoga.

ORTHOREXIA IS A DISPUTED "NEW" EATING DISORDER. WHY?

Dr. Jericho: Orthorexia is a rigid adherence to specific, often restrictive dietary rules to promote physical health and wellbeing. Some believe this problem is so pervasive that it merits status as a separate mental health disorder, while others see it as an aspect of conditions such as anorexia nervosa or obsessive-compulsive disorder. It's controversial because our society places a high value on apparent self-control. Those who are scrupulous with their intake are often seen as virtuous rather than obsessive or ill.

ARE TRENDS SUCH AS GLUTEN-FREE DIETS, VEGANISM, JUICE CLEANSES AND ALKALINE DIETS WORRISOME?

Dr. Jericho: They can become extreme and may result in medical problems. People may explore these diets because they hope to control their health and longevity. Very few women have the time or ability to determine whether claims made about extreme diets or food types are accurate, making them vulnerable to extreme and sometimes harmful eating habits. In some cases, though, as with celiac disease, people do require an extreme diet.

HOW DO YOU RECOMMEND ANYONE REIN IN POTENTIALLY DANGEROUS FOOD OBSESSIONS?

Dr. Jericho: It starts with awareness. When you're not able to be flexible with your food intake, you are not in control. When you start to avoid social situations involving food, or you find it difficult to be adaptable with your eating, it's time to look at the "food rules" that are preventing you from living your life. Then, make an effort to engage in social eating and expose yourself to different foods. Challenge yourself to eat in restaurants. Ask for support from friends or family members. Try not to fall into the trap of avoiding normal social experiences related to food. And most importantly, seek the help of a professional.

Ugyan: For many, it's getting on a regular pattern of eating. That usually looks like three meals a day, plus snacks. If you're a problematic eater, don't do the detoxes or the cleanses and don't skip meals.

Fox: Test yourself. Try things you're not comfortable with. Notice what happens when you move away from certain patterns you have with food or your body. What feelings come up for you? The work of living without an eating disorder requires looking inward and challenging the limits the disorder has placed on your relationship with food, with yourself and with others. This is the stuff I call "boxes in the basement"; the work in recovery is opening up those boxes, facing what's inside them, then finally clearing them out of your basement.







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Iron-deficiency symptom checklist

Do you suffer from any of the following?

- Are you continually tired and lack appetite?
- Pale skin & dark circles under eyes?
- Often have difficulty concentrating?
- Feel chilly or catch colds easily?
- Have brittle hair or fingernails that chip easily?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

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ELECTION ADVICE FROM RICK MERCER

CANADIAN LIVING ME TO WE AWARDS



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I seem to get through the first two interviews just fine, but I never land the job, even when I am told I am the perfect fit for the position. How do I get past this plateau?

First, ask the interviewer for feedback. Perhaps there is something you are saying, or not saying, that is allowing your competition to get ahead of you. Second, after each interview, try to clinch your spot at the top of the list by emailing a comprehensive and strategic thank-you note. Think of this as one final opportunity to sell yourself. Thank them for the interview and mention any key points that seem to have been mentioned frequently. Also, clear up anything that you should have said differently-perhaps something that you thought they did not quite understand. Finally, mention anything you may have forgotten to say.

I have been offered a contract position at a company I really want to work for, but it doesn't offer benefits. I am single, so I don't have coverage through a partner. Should I still take the job?

That all depends on how much benefits are worth to you. In Canada, we all have basic medical coverage, regardless of employment status. Benefits top that up, helping to pay for things such as dental care, prescriptions and paramedical services. Questions you need to ask: How much of these additional costs will you likely have during the contract period? Is there a chance that the contract might turn permanent, which would then include benefits? You may also purchase private benefits, but they can be costly, so read the policies carefully.

I've lost all interest in my current line of work. How do I make the switch to a different career?

Take a hard look at what motivates you when it comes to work. What do you enjoy doing, and what are you doing that you are good at but not enjoying so much? Also, does your employer



SUCCESS STORY:

Lilia Fraser, co-owner of Pump House Brewery Ltd., Moncton, N.B. "Get more professional advice from experts. It's crucial. If you get bad advice, you might be in for a bad start."

allow you to honour your values, such as friends and family, health and security? Write an outline of work accomplishments and break down what skills you used, such as leadership or business process design. Bundle those skills together to help create your career's new direction.

What's the biggest mistake you see job seekers consistently make?

Taking a passive approach to their job search, and getting discouraged when there are no positive results. Many people rely on online job boards both to find opportunities and to get a picture of the employment market—two very false indicators. Instead, use your network. Get in front of people, find out what is going on at their company and

department, and tell them about yourself. Another key mistake job searchers make is in their use of recruiters or headhunters. Find the recruiters in your field and send them your résumé to get on their rosters and broaden your network, but do not rely on them to find you a job. They do not work for you, as you are not their client.

I am an older employee with an excellent work background. What can I say in my cover letter or on my résumé so I am not overlooked?

Older employees bring one thing younger employees do not—years of accomplishments. In your résumé and cover letter, highlight those accomplishments. Relate directly to what each employer is looking for, use their language, and bring your experience to the forefront so it is top of mind when they are selecting candidates to interview.



SUCCESS STORY:

Wendy McClelland, chief medical director of Vets to Go, Calgary

"Ask for help before you think you need it, and that could be in the house or in your business.

I got a business coach and receptionist early on, and exponentially grew my business."





Watch your language

Are your speaking habits derailing your career? Beware of these communication pitfalls.

BY ROSEMARY COUNTER

ou may know how to dress professionally, but do you know how to speak professionally? According to Judith Humphrey, founder of The Humphrey Group (a Toronto leadership communications firm) and author of Taking the Stage: How Women Can Speak Up, Stand Out, and Succeed, many women are victims of their own timid language in the workplace. "Women are socialized to be nice and sweet." she says. "They don't want to be seen as too aggressive, strong or confident." Consciously or not, we often choose words that undermine our credibility and soften not only our image but also our ideas. Here are five ways to drop bad "lady language" habits today:

SORRY. NOT SORRY

Imagine a man and a woman are both three minutes late to a meeting. He'll charge in saying nothing; she'll likely apologize. Ditto for email correspondence ("Sorry to bother you") and voicemail greetings. "One language habit women need to rid themselves of is the desire to constantly apologize. Does your voicemail say, 'Sorry I'm not here'?" asks Humphrey. "Why should you be sorry? You're simply engaged in another activity." Studies show that women apologize more than men do. Unless they've done something they're genuinely sorry for, women need to stop apologizing.

TODAY'S THE DAY

Women are too prone to use the past tense, according to Humphrey. Saying, "I wondered if we should," for example, implies that you felt that way yesterday, but are not quite so sure today. "Putting words in the past tense is a way of weakening your statement," she says. Instead, own your thoughts in the moment and stand by your statements.

TOO MANY QUESTIONS?

"Women ask questions instead of making assertions—even when they know what they want to say," explains Humphrey. Eighty percent of women ask questions that they already have the answer to, such as "Do you think we should take this approach?" instead of the stronger wording, "Here's the approach we should be taking." Or in a meeting, "Do you mind if I add something?" It's not necessary to ask permission to contribute an idea, and there's no need to "add" it as an afterthought.

UNDERMINING MODIFIERS

Speaking of word choice, slash these from your lexicon:

- just ("I just wanted to say")
- a little bit ("I'm a little bit concerned")
- maybe ("we should maybe rethink")
 "Women consistently use weak verbs
 that diminish what they're really saying,"
 says Humphrey. They preface statements
 with "I think," when they already know, and
 often use emotionally charged words like
 "I believe" or "I hope" when stronger words
 would have more impact.

WRITE IT DOWN

Since weak language is largely subconscious, the best way to tackle it is with more awareness. "In your writing, you can analyze and delete anything that minimizes," says Humphrey. "Practise such written edits and you'll eventually become more conscious in your spoken word." And when you speak more strongly, your tone is stronger, which affects body language and even eye contact. "Language is more than just language," says Humphrey. "It becomes a focal point that affects everything."



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consider their careers to be **successful**



AGE-OLD TRUTHS

Straight talk about women, work and getting older.

BY SARAH TRELEAVEN

Women concealing their age is nothing new. Back in 1893, in his classic *A Woman of No Importance*, Oscar Wilde wrote: "One should never trust a woman who tells one her real age. A woman who would tell one that, would tell one anything."

More recently, Sex and the City producer Darren Star's new show, Younger, is about a 40-year-old woman who claims to be 26 to get ahead at work. In the spring, Pitch Perfect star Rebel Wilson—who was claiming to be 29—was outed as 35. And a 43-year-old artist recently told Salon.com that she keeps her age under wraps because she doesn't want to be perceived as "old, tired, or running out of time to do my best work."

According to human resources expert Keri Spooner from the University of Technology in Sydney, age discrimination against women kicks in at around age 45. Lisa Finkelstein, professor of psychology at Northern Illinois University, says older workers fear being judged. "They worry that people will think they don't know how to use technology, or that they're not able to adapt," says Finkelstein. "When people advertise for certain positions, they'll use buzzwords like 'energetic' that we associate with younger people, and that can trigger concerns about disclosing age." Older workers can also be considered more expensive than new hires, thanks to their additional work experience and raised expectations.

To deal with such age-related concerns, Dr. Jennifer Newman, a Vancouver-based

psychologist and workplace expert, has some suggestions.

- Start with your résumé. "Noting that you have a lot of experience isn't always persuasive," says Newman. "Put your relevant skills front and centre, and focus on what you've learned."
- Ensure your professional look is updated—including haircut and wardrobe come interview time.
- Pay close attention to what's said.

 "If you sense that they think your skills aren't current in a particular area, like technology, talk about your tech skills," she says. "If they seem worried that your working years are limited, talk about your commitment to the role and your passion for the industry."

Despite negative preconceptions about aging and the workplace, midlife can be an empowering time for your career. Kim France—the founding editor of *Lucky* magazine—was fired after nearly three decades in the publishing industry. "I was a 48-year-old woman with skills that were verging on obsolete, and I worried that I wouldn't be anyone's first choice," she says. France decided to take the opportunity to not only embrace her own age but also create a resource for her peers. She started the website Girls of a Certain Age, which chronicles fashion, beauty and design through the lens of a "grown-up."

At age 51, France is now exactly where she wants to be. "It's gratifying to be visible," she says. "It's validating and it sends a message that there's something inherently desirable about being your age."

"My greatest career challenge was ensuring my professional development was aligned with my personal objectives. Finding that balance was difficult and resulted in my having to leave a job that was everything I wanted on paper but was not aligned with my personal politics and did not nourish my professional growth."



SUCCESS STORY:

Sarah Beech, regional marketing manager of Burger King, Toronto

MODERN MANNERS

Good old-fashioned etiquette is now more important on the job than ever before.

BY JACQUELINE KOVACS hen you hear the word etiquette," do you think of tweets, texts and content sharing? You should, says Ottawa's Julie Blais Comeau, certified etiquette expert and author of Etiquette, Confidence and Credibility. "There is an evolution that people don't realize about etiquette," she says. "They think it's oldfashioned and passé." In fact, says Blais Comeau, we need to know the rules of politeness now more than ever, in order to navigate our brave new complicated world of communication. "It matters so much when it comes to your reputation in the business environment," she says. "These days, a small mistake can go global in one click." Here is Blais Comeau's advice on safely navigating the modern minefield of polite communication:

TECH TALK

Let's say you're in a meeting, at a conference or out for coffee with a colleague, and your phone buzzes. What is the polite thing to do? "Face time—and by that I mean look-into-my-eyes face time—will always have precedence over any device," says Blais Comeau. "As soon as a device is taken out or is put on the table, it's no longer two of you—it's three. That device commands attention." Don't give in, she says.



SUCCESS STORY:

Tonia Jahshan, founder of Steeped Tea Inc., Ancaster, Ont. - "Always appreciate your staff and all that they do for you. They are the key to your continued success."

EMERGENCY FIX

Ever regretted a heat-of-the-moment email, a misguided tweet or an ill-informed Facebook post? You wouldn't be the first person. Minor misunderstandings can usually be cleared up easily, but larger, more public mistakes can have tough consequences. "We've seen reputations ruined by one click or one share," says Blais Comeau. Here's what to do if that happens to you:

- · Apologize as soon as possible.
- Fix what you did. If you don't know how, actually ask, "What can I do to make this right?"
- "Have integrity," says Blais Comeau. "Do what you need to do to fix things right away." Sometimes, though, the harm is irreparable, and people lose their jobs as well as their good reputations. "If we say something that damages the credibility and image of the corporation we work for, then there are consequences," says Blais Comeau. In such cases, she says, all you can do is accept those consequences, own what you did and do whatever you can to repair the situation.

GENDER GAP

Caitlyn Jenner's recent debut shone a spotlight on how well-or poorly-people handle talking to, or about, those who are transgendered. What's the wisest course of action in terms of how to refer to people and what pronouns to use? "First and foremost," says Blais Comeau, "the person in question is the one who will guide you. Listen carefully: How do they introduce themselves? How do they refer to themselves? How do they dress?" Still not sure? Simply ask politely-in a one-on-one situation.

TEACH AND LEARN

We need to teach youth how to communicate, in order to prepare them for the workplace. savs Blais Comeau. With so much global competition, the distinguishing factor is often someone's interpersonal skills. Youth—or anybody, for that matter-can get those skills by aligning with a respected, media-savvy mentor. Or brainstorm some social media scenarios and run them by a panel of trusted peers before posting them. Some universities host business etiquette seminars where you can learn essentials in a matter of hours—a small time investment with a big impact, "It's important that people like and feel comfortable with you," she says. "Knowing the rules of etiquette will give you the skills and make you shine."



SUCCESS STORY:

Andrée-Anne Hallé, copywriter of LG2, Montreal "If some people have never failed, maybe it's because they've never tried pushing themselves to reach their maximum potential."

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ACHING, SNEEZING, FEVER, COUGHING,

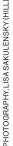
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VICKS







TALKS ABOUT WRITING THE ILLEGAL

Why did you make running so integral to Keita's character?

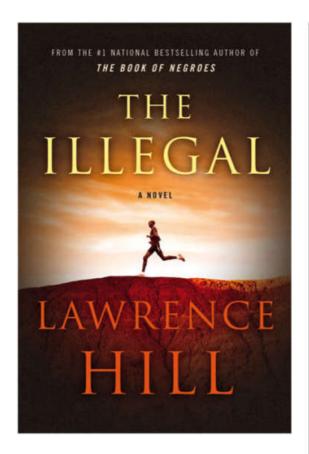
I ran for decades and loved it, so I know the world— I know what it feels like to be on mile 20 in a marathon. But also, it just seemed perfect that Keita would be a marathoner. When he arrives in Freedom State, he's not running for Olympic glory or to win a gold medal; he's running for his life.

How did writing The Illegal differ from your past work?

I'm trying to be somewhat funny and sometimes downright satirical in The Illegal. And it's hard to do that. It's hard to write about painful issues and to be funny at the same time.

What do you want people to take away from The Illegal?

Millions of people today live in terrible conditions because of their inability to stay in the country where they came from. I'd like people to imagine more deeply what it means to flee your country and take refuge, sometimes legally, sometimes illegally. The novel seeks to open up the windows of our imagination so we can try to see these people, and thus be more receptive to their presence and make it more possible for their lives to unfold with dignity and with freedom.



Must-Reads for Fall

The Illegal

(HarperCollins) by Lawrence Hill, \$35 Available Sept. 8

In his first novel since 2007's The Book of Negroes, Lawrence Hill invents a fictional world that is frighteningly close to reality. It's a world where undocumented refugees are left to struggle for survival in a place where they're told they don't belong.

Keita Ali has nowhere to go. After Keita's mother is killed during a coup in Zantoroland, the new powers that be come back for his journalist father—and it's not hard to see that Keita will be next. The young man will surely die in Zantoroland, but when he flees to the wealthy Freedom State, he's an illegal—no ID card, no name, no rights. Once the fastest in his class, Keita becomes a marathoner who relies on prize money to sustain himself. As he tries desperately to escape deportation, he crosses paths with people with different backgrounds and political views who help decide his fate. — Jill Buchner

READ THE FULL INTERVIEW AT canadianliving.com/lawrencehill.



Two Years Eight Months and Twenty-Eight **Nights**

(Knopf Canada) by Salman Rushdie, \$34 Available Sept. 8 In Salman Rushdie's usual manner of

carefully constructed magical realism, this book weaves the magic of the Arabian supernatural creatures called the jinn into a *War of the Worlds* tale. It begins when a jinnia falls in love with a mortal man, the real-life philosopher Ibn Rushd. With him, she births countless offspring who later help her wage war on the malicious and destructive jinn who were her childhood friends in a battle that lasts for two years, eight months and 28 nights. The tale unfolds with dry humour and depictions of brutal destruction along with loving descriptions of old, tired bodies and fragile broken hearts. — Lisa de Nikolits

"One day, I was standing in my son's room, looking at a newly framed print of Alex Colville's Pacific, and it suddenly hit me like a ton of bricks how perfect the painting was for Sleep, with its mood of quiet violence and all its unanswered questions, and RECOGNIZE its sense of being poised at a border

not unlike the one between waking and sleep." - Nino Ricci



THIS

COVER?

Sleep

(Doubleday Canada) by Nino Ricci, \$30 Available Sept. 30 History professor David Pace wants nothing other than academic success, but his career begins to

unravel—along with his marriage and his relationship to his son—when a brain disorder impairs his sleep functions and self-control. Soon, one of the few places where David can feel fully present is at the gun range. With David's compulsion for self-destruction, his story can't end well. This latest book by Governor General's Award-winning Nino Ricci offers a window into a tortured mind that's caught on the precipice between dream and reality.

- Andrea Karr

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Ruth has gone from a size 12 to a size 6 and feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

Dear New Nordic,

After having 5 children, I had a very hard time losing the extra pounds. I found myself constantly dressing to disguise my "baby belly", staying away from tight clothes.

I read about Chili Burn in a magazine and decided to give it a try. I had nothing to lose. After 6 months on Chili Burn, I lost 30 pounds and after 12 months I reached my ideal weight, after losing 38 pounds in total. I am very happy with the results of this product and now recommend it to friends and family.

I get a kick out of the fact that I can be a grandma and still fit into my wedding dress! I achieved all this without big changes to my lifestyle¹. I eat three meals a day and drink lots of water. While exercise is important, Chili Burn proves that what you put into your mouth is just as important.

This product will suit anyone who would like to lose weight with natural supplements. I highly recommend it.

Ruth V., Ontario

"With Chili Burn I lost the weight steadily but surely,"







To lose weight you need to burn more calories than you eat. But doing that can be difficult. Chili Burn is a natural fat burner, based on green tea, chili and chrome, that will help you increase the amount of calories your body uses. Try Chili Burn today and experience the difference for yourself.



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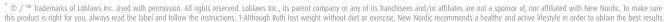












FIND YOUR OTING VOICE

Rick Mercer shares his advice on how to cut through the campaigning and choose the candidate who best represents you.

BY JILL BUCHNER

"Politics is the only business

where the main stakeholders

derive benefit from turning

people off of the process."

ou might be dreading the imminent federal election, but for political satirist Rick Mercer, it's a time to relish. "Politics has always been my sport, and an election is like a World Series," he says. Mercer's unique ability to break down the impact of political issues made him our first choice for election guidance. He offered his insights on how to vote so that you are the winner.

DEFINE YOUR OWN ISSUES

Jobs, the economy and the environment are all hot-button topics, but Mercer warns against letting the leaders' dialogue dictate

what you think is important in the upcoming election. "The party in power would like to define the issues as the ones they think are their strengths," he

says. "But it's up to the individuals, too." Your age, job, lifestyle and values help determine your priorities. A smart vote

> for you might be different from how your parents and your spouse choose to vote.

> > TUNE OUT THE NEGATIVITY

Pessimistic about politics?
It isn't you. "Politics is the only business where the main stakeholders derive benefit from turning people off of the process," says Mercer. "Politicians intentionally poison the entire market because, in many instances, they're just as glad if people get turned off and stay home; therefore, they only have to concentrate on their base."

Rather than give up, recognize that some messages are just noise. Political parties spend more money on attack ads every year, yet most of the criticism is based on a candidate's appearance, notes Mercer. His advice? "When people have nothing good to say about themselves and all they can do is criticize everyone else, you want to look at them and ask, 'What are they all about?'"

THINK LOCAL

We each vote for our member of Parliament, but in the weeks before we head to the polls, we hear far more about potential prime ministers than we ever do about the

names on our ballots.
Mercer says it's important to get to know local representatives.
"You need an MP who will stand up for your concerns in your riding.
And they have to be

hardworking because MPs do a lot of work." What you don't want is a sheep. "If you sense the only thing that person cares about is doing what the party wants him to do," says Mercer, "I would run for the hills."

PUT AWAY EXCUSES

Not voting means not being heard. If Parliament confuses you, do a bit of research, says Mercer. "There are far more complicated things in this world." Think the candidates are all the same? "You're wrong," says Mercer. "They have very different opinions and agendas." He suggests voting is habit-building: If you start doing it, you'll keep doing it. And bring your kids along—watching you vote will turn them into voters.

After all, says Mercer, voting is the most important thing any citizen can do. "It's an obligation. And I know this would be a far, far better country if people took it seriously."





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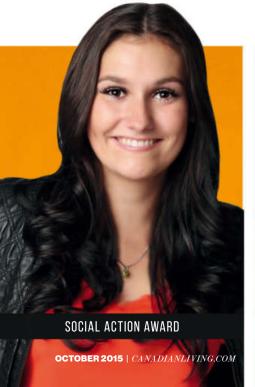


CREATING POSITIVE CHANGE

Everyday Heroes

What does it take to make the world a better place? Turning emotion into motion. The six winners of this year's Me to We Awards—a program created in partnership with Free the Children to honour people, young and old, who are making a difference in their communities and throughout the world—exemplify that. Each of them saw an injustice and was inspired to take action. Our Me to We winners show that everyday people can make an extraordinary difference.

BY JACQUELINE KOVACS









When was the first time you saw an issue and thought, I need to do something about this?

After visiting a genocide memorial site in Rwanda, I was approached by a genocide survivor who had witnessed the murder of his entire family. Some of the people who killed his family were in jail, but others still lived in his community, where he eventually returned. After sharing his story, he said, "I've chosen to forgive those who murdered my family. That's what you need to tell your students when you go home. Tell them to forgive. You can't live your life in hatred." I remember thinking, Here is a man, living in poverty, who has lost his family, and he's urging us to embrace forgiveness. That's when I felt I needed to do something.

Do you have a mentor, someone who inspired you to become a volunteer?

Both of my parents have always volunteered. But I'm especially inspired by my maternal grandfather because of the way he embraces challenges.

Was there a moment when you realized, Yes, this is what I should be doing?

After my first trip to Ghana, I was teaching a social studies program, telling stories about my time in Africa and the people I met. At the end of the course, a senior student came up to me and said, "I've signed up to volunteer in Malawi. You've inspired me." That's when I realized, If I can inspire one student, I can try to instill this same passion in others.

What has been your greatest challenge so far?

I was hit by a truck while out walking my dogs. Because I live with chronic pain, I have to rest a lot more and plan my projects. When I'm in Africa, I can't offer to carry someone's heavy bags. I have to know my boundaries.

What trait or skill has helped you in your volunteer work?

My passion and excitement for what I'm doing. Being engaged with my students and learning from the people I've met overseas continues to energize me. This work has given me a passion for life.

IN THE COMMUNITY AWARD

Tysen Lefebvre

AGE: 15 | OTTAWA

Back in 2012, Tysen Lefebvre, who has
Pfeiffer syndrome Type 2 (a rare genetic disorder that
prematurely fuses bones in the skull, impacting the
shape of the head and face), got to meet his hero, actor
Adam Sandler, through Make-A-Wish Eastern Ontario.
He enjoyed the experience so much that he wanted
other children to have their wishes come true. He set a
goal to raise \$1 million over five years for the charity's
Adopt-A-Wish program to grant wishes for 100 children;
so far, he's raised more than \$330,000—and helped



When was the first time you saw an issue and thought, I need to do something about this?

It was when I got my wish. I wanted to help another child get a wish.

Do you have a mentor, someone who inspired you to become a volunteer?

Adam Sandler. When I met him, he had pictures all over his office in California that people had sent him, thanking him for doing stuff for them and helping them in different ways. I thought that was really cool. I went around the office, looking at everything, and it really inspired me. So, after my wish, I decided that, instead of helping one child get a wish, I wanted to help 100 children.

Was there a moment when you realized, Yes, this is what I should be doing?

Whenever I do a wish. I get to meet the kids I do wishes for. I tell them what their wish is going to be, and there's lots of moments I feel I'm doing the right thing.

What has been your greatest challenge so far?

Raising money. I've got a five-year plan, so I'm trying to raise \$200,000 a year. So far, I have raised about \$300,000. I do golf tournaments, hockey tournaments and bake sales, and there's my website, where people can donate money. And they can buy bracelets, T-shirts and a dog collar with the website on them.

What trait or skill has helped you in your volunteer work?

Socializing. Being able to talk to every-body I meet. I give them a bracelet to start off with and invite them to check out my website and my Facebook page. I have a lot of support in the community; kids get involved—they do lemonade stands—and schools get involved and do fundraisers and donate to Make-A-Wish.

What is the most frequent question you're asked about volunteering?

"How was meeting Adam Sandler?" I tell them that he's just like he is in the movies.

Describe the feeling when you hit one of your volunteering goals.

It's like I'm getting my own wish all over again.

Nikayla Allen

AGE: 12 | VANCOUVER

Do Good is a student-led committee that Nikayla Allen helped found at Brooksbank Elementary in North Vancouver. Nikayla and her fellow Do Good members help the homeless, raise funds for education in Africa, spearhead antibullying campaigns, advocate for saving the environment and more.



When was the first time you saw an issue and thought, I need to do something about this?

When I was really little, I would sometimes go downtown with my family for dinner. I realized there were people sleeping on the streets, eating out of garbage cans and begging for money, and I would ask my mom, "Why are people doing this?" I was confused and wondered, Why do I get tucked into bed and why do I get to have nice big meals and go out for dinners? When I first started Do Good, I learned how people were bullied, and I wanted to make a change.

Was there a moment when you realized, Yes, this is what I should be doing?

I think that 100 percent of the time, actually. My community and my school—we're a huge family. Everyone knows each other, and I get to work with them through Do Good every day. I do it because I genuinely love it.

What trait or skill has helped you with your volunteer work?

I talk a lot. I have good communication skills, which is really helpful. For example, the year before last, I got to speak in my high school district. It was pretty nerve-wracking, but I had the courage to do it.

What are your interests outside of volunteering?

I enjoy lots of sports. I play soccer, I like doing track and field and basketball and volleyball. Aside from that, I like performing arts. I love singing—I sing in the shower every day and I sing around the house. I enjoy playing guitar. I enjoy drawing and dancing. I do everything, probably. Being outgoing definitely helps with volunteer work.

Describe the feeling when you hit one of your volunteering goals.

I'm proud I'm making a positive difference, so that's probably the feeling I get. I'm always really happy for what I'm doing, and I'm always very proud of my friends and my teachers for helping the community and the school and the world to be a better place.



SOCIAL ACTION AWARD

Paige Glazier

AGE: 20 | SURREY, B.C.

Team Orange is a prosocial, antibullying program Paige Glazier helped kick-start after her own struggles with being cyberbullied, physically threatened and ostracized. Her tormentors even spray painted vulgar graffiti about her on her school's exterior. Paige speaks throughout the school district in Surrey, B.C., describing her experiences and teaching practical ways to survive bullying and build resilience. As a result of her efforts, the Team Orange program has been adopted by the Surrey School District.

When was the first time you saw an issue and thought, I need to do something about this?

When I was about seven, my family and I were in the Caribbean, and I witnessed a little boy being denied entry to a store. I felt bothered because I'd never seen someone mistreated before. I knew there was something wrong. As I got older, I kept seeing the same patterns: People are being excluded and betrayed. Then, it happened to me.

Was there a moment when you realized, Yes, this is what I should be doing?

Whenever I see the kids' reaction while I'm teaching them about the values of inclusion, loyalty and respect, I realize how much these words are needed in their lives. During the question-and-

answer period, some kids are bold enough to share their personal experiences with bullying. Hearing that fuels me to continue the work I do with Team Orange.

What has been your greatest challenge so far?

Because I'm trying to reach as many schools as possible, it's difficult to arrange followup visits to ensure that the values the kids have learned during my presentation are reinforced.

What trait or skill has helped you with your volunteer work?

I'm able to develop meaningful relationships with the kids because I share an experience they can all relate to. Part of the reason Team Orange has been so successful is the fact that I am young

and I often allow myself to be vulnerable so the kids trust me and find me relatable.

What is the most frequent question you're asked about volunteering?

I'm often asked why I picked inclusion, loyalty and respect to represent Team Orange. At such a young age, children are experimenting with acts of exclusion, betrayal and mistreatment. Our goal is to encourage positive behaviour, so we picked the three opposite behaviours that can encourage people to be more socially responsible.

Can you imagine what your life would be like without volunteering?

It's important for me to give my time, and giving back to my community is something I consider a priority and a passion. I wouldn't feel complete without it.



When was the first time you saw an issue and thought, I need to do something about this?

I was five years old when I heard my mum and dad talking about a homeless man. I asked them if there were kids on the street, and they said there were. A couple of days later, I said I wanted to make backpacks. We filled 15 backpacks with toys and clothes and brought them to a shelter. I remember seeing all these sad faces there and a lot of families. We started off with 15 backpacks; now, we're at 3,000.

Do you have a mentor, someone who inspired you to become a volunteer?

Well, my grandma. She helps people out at the Bethany Airdrie care centre and our church. So she inspired me to help.

Was there a moment when you realized, Yes, this is what I should be doing?

I know I will keep helping children until they have a home, because we have a lot—they don't. Helping them helps me make our world a better place. That's extremely important to me, to help those less fortunate.

What has been your greatest challenge so far?

There are so many kids out there, and we can only do so many backpacks, but with every backpack we do, there's a chance that helping one kid could lead to a whole family getting off the street.

What trait or skill has helped you with your volunteer work?

Getting people to volunteer. When people see or hear what I do, it makes them want to help. Like, some of the kids at my own school get excited about what I do. I inspire them!

What are your interests outside of volunteering?

Spending time with my family! We like to watch movies together. I always like building with Lego. I work out every Monday and Wednesday with my coach. I play drums. I'm in a school band. I enjoy playing my video games sometimes. Well, the biggest thing I enjoy sometimes is teasing my sister!

YOUTH IN ACTION AWARD (12 AND UNDER)

Faith Dickinson

AGE: 12 | LAKEFIELD, ONT.

When she was just nine years old, Faith Dickinson created Cuddles for Cancer. Now, the 12-year-old fundraises throughout the year and uses the proceeds to buy fleece to make blankets, which she donates to cancer patients. She is also an ambassador for the Just BeYOUtiful campaign, promoting inner beauty, antibullying, confidence and a better world.



When was the first time you saw an issue and thought, I need to do something about this?

When I was nine, my Aunt Lyndi was diagnosed with breast cancer. My mom and I make fleece tie blankets for birthday and Christmas gifts, so I made my Aunt Lyndi one, and she said it was really nice because she got cold during her chemotherapy treatments. Shortly after that, I came up with Cuddles for Cancer to make blankets for other cancer patients. Since then, I've become more aware of local and global social-justice issues. I truly believe "everyone deserves a cuddle," so I now make my blankets for anyone who needs a cuddle. I've made almost 1,500 blankets so far. I also have a signature soldier blanket for Canadian soldiers and veterans. I have sent them all across Canada, Afghanistan and Kuwait, but I love to visit legions, Sunnybrook [Health Sciences Centre] and the Trenton airbase.

Do you have a mentor, someone who inspired you to become a volunteer?

My mentor is my mom because she always helps me with everything I do. She volunteers in the community, she sponsors two children every month through [World Vision and Christian Children's Fund of Canada] and she travels on mission trips with our church to build homes in places like Mexico, Jamaica and Guatemala.

What has been your greatest challenge so far?

Visiting Toronto's SickKids hospital. It is really hard to see all the sick children, knowing some won't live. When we deliver the blankets, we make a connection after they share their stories with us.

What are your interests outside of volunteering?

I love to dance, play sports and act. I play volleyball, soccer, baseball and basketball. I am a dance teacher in my hometown, and I love working with the kids I teach. I have been in several plays, music videos, a TV show and a feature film. Because I've been onstage since I was three, I'm never nervous making speeches in front of hundreds of people or pitching ideas for my causes.

Can you imagine what your life would be like without volunteering?

No, it's such a big part of my life; I would never be able to let it go. It makes my heart happy.



20 Years of Free the Children

How a Canadian preteen's dream has inspired hundreds of thousands of young people to change their world for the better.

BY JACQUELINE KOVACS



CRAIG KIELBURGER was just 12 years old when a newspaper article about child slavery inspired him to action. Together with a small group of his classmates and his brother, Marc, the Grade 7 student from Thornhill, Ont., formed Free the Children with an aim to end exploitation and poverty. Now, 20 years later, that organization has grown to empower children worldwide through a variety of planetfriendly projects and programs-including We Day, a series of stadium-size events. launched 11 years ago, that inspire more than 200,000 attendees in 14 cities to think and act globally for a positive influence in the world. The full-day events include musical performances by artists such

as K'naan ("Waving Flag") and talks by inspirational high achievers, including humanitarian Roméo Dallaire and journalist/activist Amanda Lindhout.

Today, as a direct result of kids' actions through Free the Children programs, there are 55,000 more children who receive daily education and one million more people who have access to clean water, health care and sanitation compared to 20 years ago.

"Most charity works for children. They see children as needing rescuing or as a problem to be solved," says Kielburger. But Free the Children has a unique perspective. "We see children as problem solvers and agents of positive change. Young people can be a force for enormous good. When you empower children at a young age, let them get involved in a meaningful way, they will continue that transformation for the rest of their lives."

To help youth follow through on the inspiration they receive by attending We Day, or through We Day clubs in their schools, the organization runs a yearlong educational program. Kids who participate are required to take change-making action, both locally and globally. And they're making a difference: Since 2007, \$45 million has been raised for local and global causes; and kids have volunteered 14.6 million hours and collected 5.6 million pounds of food for local food banks.

For these committed kids, helping is its own reward—but it's also nice to recognize those who've done good deeds, and that's one of the reasons the Me to We Awards came to life. "Working with *Canadian Living* to organize the Me to We Awards has been huge over the past 11 years," says Kielburger. "We recently celebrated our 50th We Day in Ottawa, and we so appreciate the magazine's support."



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COLOURFUL COUNTERS

KITCHEN REFRESH

NATE BERKUS

CABINETRY HACKS



Between its butcher-block prep surface and its ample storage, this freewheeling island is the next best thing to a built-in. Belmont kitchen island, \$699, crateandbarrel.com.

Island Outfitters

Got an "oatmeal" kitchen? Add heaps of flavour with one of these tasty island counterscapes.

BY BRETT WALTHER



KitchenAid Artisan stand mixer in Pistachio Green, \$550, canadiantire.ca. Marble and wood mortar and pestle, \$38, indigo.ca. Kastrull pot with lid, \$25, ikea.ca. Danica Studio Calliope and Carousel tea towels, \$14 per pair, danicaimports.com.

Cook's Kitchen These humble, hardworking accessories prove that a back-to-basics approach doesn't have to be boring.



Porcelain utensil holder, \$25, crateandbarrel.com. Salt and pepper

mills, \$40 each, lecreuset.ca. Mix It Up tea towel, \$12, indigo.ca.

Now Designs bakery box, \$32, danicaimports.com.

French Farmhouse

Nothing channels the charms of Provence like the pairing of yellow and navy.



Peugeot pepper mill, \$65, williams-sonoma.com. Denby Monsoon storage jar, \$30, and Jerez pitcher, \$50, thebay.com. Golden Bistro Stripe tea towel, \$12, indigo.ca.

Haute Folk

A multihue tea towel takes the guesswork out of mixing and matching. Any colour in the pattern is fair game for accessories!



Now Designs Botanica tea towel, \$8, danicaimports.com. Enamel-look cappuccino mug, \$5, abbottcollection.com. Maxwell & Williams Infusions teapot, \$33, canfloyd.com. Garnera serving stand, \$17, ikea.ca. Vitrified Studio spice bottles, \$147 per set of five, westelm.com.



"Ditch the tattered dust jackets and put your colourful cookbooks to work as kitchen accessories. A tidy little stack keeps favourite recipe collections close at hand and gives guests a tantalizing hint of your culinary style—even when nothing's on the stove." - Brett Walther, Home & Garden Director





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not sweet on your old honey-oak cabinetry? Check out this quick



THE \$792 KITCHEN FACE-LIFT

Given a tight budget to completely update a tired kitchen, Leigh-Ann Allaire Perrault tapped the transformative power of paint.

BY BRETT WALTHER PHOTOGRAPHY BY CAROLE & ROY TIMM DESIGN BY LEIGH-ANN ALLAIRE PERRAULT & GLEN COYLE

BLURRED LINES

Freshening up the floor wasn't a matter of refinishing the tiles but, rather, the grout in between. "We stained it darker with a \$15 bottle of Mapei Grout Refresh," says Allaire Perrault. "The colour penetrates all the way through grout but wipes off ceramic and glazed tile." In sharp contrast to the crisp black grid, the old white tiles look new again.

1 GALLON ZINSSER PRIMER. homedepot.ca



MAPEI GROUT REFRESH. lowes.ca

SOME KITCHEN RENOS CALL FOR

a sledgehammer; others, however, can benefit from a lighter touch. That's what expert do-it-yourselfer Leigh-Ann Allaire Perrault prescribed for this Toronto kitchen, which was a prime candidate for her "if it ain't broke, don't fix it" approach. "The layout was perfect, and the bones were great," she says. "The real issue was that the finishes were totally outdated." (How can you tell? See page 82 for design guru Nate Berkus's take on finishes that are past their best-before date.)

Allaire Perrault immediately pegged the honey-oak cabinetry as the kitchen's worst offender, but a closer inspection revealed a host of design crimes that threatened to push the project's \$1,000 budget to the limit. "The white ceramic backsplash didn't seem so bad—until we moved the toaster and the kettle," she says. "The homeowner had strategically placed them in front of tiles that were decorated with florets and hummingbirds!"

Dated finishes aside, the backsplash and cabinets were still in pristine condition, and it would have been a waste of perfectly good materials—and money to tear them out. Opting for a purely cosmetic overhaul of the space, Allaire Perrault and business partner Glen Coyle treated the kitchen as a canvas for the latest specialty paints on the market, each designed for a different surface. Rust-Oleum's all-in-one Transformations kits which contain everything from paint to application tools-made quick work of the ceramic tile, wooden cabinetry and laminate countertops in contemporary black, white and grey. "We could have gone with cherry-red cabinets, but because we were thinking long term, we stuck with timeless neutrals," says Allaire Perrault. "These painted finishes are so durable you'll get sick of a colour before you ever experience product failure!" o

Cover-up job

Presented with two options—replacing or refacing the kitchen's frumpy finishes— Allaire Perrault and Coyle took the wallet-friendly latter route. Here's how a few specialty paint products extended the shelf life of the existing cabinetry, countertops and backsplash.

CABINETRY





Refinishing the cabinetry turned out to be less of a production than these veteran kitchen renovators expected. With all the materials included in Rust-Oleum's Cabinet Transformations kit, it was simply a matter of removing the doors and drawers, then applying two base coats of colour and one clear topcoat. And if you think Allaire Perrault skipped two steps, you're absolutely right. "We didn't need to sand or prime a single door," she says. "The kit includes a deglosser that eats into the surface. We let it sit for half an hour, wiped it off with a wet cloth, let it dry, then put on the base coat."

COUNTERTOPS





The speckled laminate countertop might have been the peak of chic in the mid-1990s, but it looked dated paired with contemporary stainless-steel appliances. To minimize the contrast, Allaire Perrault painted the entire laminate surface black using the Countertop Transformations kit. It's a durable and food-safe solution that integrates the stove's black cooktop, giving it the appearance of a custom built-in appliance.

HOW WELL STOCKED IS YOUR TOOLBOX? ALLAIRE PERRAULT BREAKS DOWN THE BASICS AT canadianliving.com/toolbox.

BACKSPLASH





The fussy floral-patterned tiles clearly had to go, but the project's tiny budget ruled out a brand-new backsplash. So Allaire Perrault opted for a cover-up job, painting over both tile and grout with the **Tile Transformations kit.** "It was a combination of brushing and rolling: cutting the edges first with the brush then rolling the larger areas"

the brush, then rolling the larger areas," she says. "It created a seamless backdrop, and it only took us an afternoon." Designed to withstand the wet conditions of a bathtub surround, the paint's high-bonding formula will hold up for years—even in the splash zones on either side of the kitchen sink.



WHAT'S THE SECRET TO A SUCCESSFUL KITCHEN REFRESH?

"You have to work with the existing elements, not against them," says **Allaire Perrault.** "The second you try to make a 1970s kitchen look like a 2015 kitchen, you're going to fail miserably. But if you go a little retro, embrace the kitsch and work with it, you're golden! You've also got to include every part of the kitchen in the update. If you ignore the backsplash in your design plan, that's what's going to stick out like a sore thumb. Make it look intentional—even if it's not your ideal vision for the space—and it will work."

Follow Leigh-Ann Allaire Perrault and Glen Coyle's home improvement adventures at onceuponareno.com.





Don't be too quick to demo

A lot of people gut their kitchens unnecessarily. When I watch home improvement shows on TV—many of which are filmed in Canada—I'm always thinking to myself, Why don't they just paint the cabinets? Instead, they spend more money than they need to by rebuilding a kitchen from the ground up. Design is all about what your eye goes to and, oftentimes, painting the cabinets and switching the hardware are enough to make a visual impact.

Add character through counterscaping

Any horizontal surface in your home is an opportunity to do something interesting with accessories, and the kitchen counter is no exception. I tend to reach for vintage one-of-a-kind finds like marble cheese plates and wooden cutting boards that I pick up at auctions, garage sales and antiques fairs. I also love incorporating tons of natural materials, minerals, cacti and pale flowers. The best part? You can swipe everything off the counter and start over whenever you feel like it.

GOT A GRIPE WITH YOUR KITCHEN? THERE'S AN APPLIANCE FOR THAT! WE ROUNDED UP THE BEST PROBLEM-SOLVING APPLIANCES ON THE MARKET AT canadianliving.com/newappliances.

Mix metals with abandon

Mixing metallic finishes can be challenging—and not just in interior design. I always think about whether my watch matches my wedding ring or the buckle of my shoe, but if you look at classically designed kitchens from the 1920s up to the 1950s, you'll see that metals are mixed with abandon. Taking a cue from those kitchens, you might have an unlacquered brass faucet and hardware and combine them with stainless-steel appliances and a porcelain farmhouse sink; the variation gives the appearance of a kitchen that's been assembled over time.

Invest in timelessness, not trends

Design inspiration for a kitchen should come from the people who use the space, not trends that, five years from now, I'd be embarrassed to have recommended. That's why there are some common elements in my kitchens: subway tile, painted or wire-brushed oak-panelled cabinet doors and antique kitchen islands. These elements come together in different ways, depending on the architecture of the space, but they're all timeless design details that elevate a kitchen and make it feel personal.

CANADIANLIVING.COM | OCTOBER 2015

MASTER THE MIX

Brass hardware, a white farmhouse sink and stainlesssteel appliances are a no-fail kitchen combo.



1. LG Studio refrigerator, \$4,799, and dishwasher, \$1,899, Ig.com. 2. Trinsic single-handle pull-down kitchen faucet in Champagne Bronze, \$868, deltafaucet.ca. 3. Domsjö double-bowl sink, \$349, ikea.ca. 4. Flange and strainer in Champagne Bronze, \$135, deltafaucet.ca. 5. Fågleboda handle in Brass, \$8 per pair, ikea.ca.

Berkus contributed to the design of the new LG Studio collection of premium appliances, including this striking pro-style range. "We looked at 17 different patterns for the grills that sit on top of the range before we decided," he says. Does that mean he prefers cooking with gas over electric? "I couldn't care less, as long as it looks good," he laughs. "My husband cooks. I'm the one running behind with the bottle of cleaner." *LG Studio slide-in gas range*, \$3,499, *Ig.com*.



Nate Berkus

CLAIM TO FAME

Berkus made a splash with a small-space makeover on *The Oprah Winfrey Show* in 2002, earning himself a regular spot as O's design expert. Gaining international acclaim for his eminently livable designs, he's since written two books and kicked off a hugely successful line of cheap-chic accessories that still make us miss Target Canada.

SIGNATURE STYLE

Relaxing rooms bathed in goes-with-everything off-white and dressed in a carefully curated mix of vintage finds and rich, natural textures.

DESIGN MOTTO

"A home should tell the story of the people who live there."

Got an oven that burns the bottoms
of cookies while leaving the tops
undercooked? This range's heating
element is on the back wall instead of
the bottom for even heat distribution
and consistent browning!

For this moody, masculine kitchen, McGillivray customized Ikea cabinetry. Sektion kitchen system and Laxarby cabinets in Black-Brown, ikea.ca.

Scott McGillivray

HOME NEWS

CONTRACTOR AND STAR OF HGTV CANADA'S INCOME PROPERTY

WITH MORE THAN 200 kitchen renovations under his tool belt, Scott McGillivray knows where to save money and where to splurge. He certainly won't blow his budget on custom cabinetry, for instance, when flat-pack cabinets could do the job for a fraction of the price. "More than half of the kitchens I've installed have been Ikea kitchens," he says. "I've done so many of them that I can put them together in my sleep!" Here's what the savvy investor had to say about putting a personal spin on standard cabinetry. - Brett Walther

Your Ikea kitchens don't feel like they belong in an Ikea showroom. Why?

The secret is to go above and beyond what you get in the box, customizing it to work for your kitchen. That could mean stacking upper-cabinet units to make the most of a high ceiling or flush-mounting cabinet doors to give them a more contemporary look.

What's the best way to upgrade cabinetry that's still in good condition?

I retrofitted my own sevenyear-old kitchen this year, taking out all of the base cupboards and replacing them with drawers—a more efficient use of space. Everything gets lost in a base cupboard, which typically is two feet deep and has only two levels of storage: the bottom and a half shelf. Sliding drawers give you 25 percent more storage.

What guides the layout of your kitchen cabinetry?

A lot of people talk about the "kitchen triangle," which is the space between the oven, the sink and the fridge. Keeping that triangle tight and making sure that it isn't blocked by an island or a peninsula is what makes a kitchen feel functional.

CHECK OUT DESIGNER JILLIAN HARRIS'S DREAM IKEA KITCHEN AT canadianliving.com/ ikeakitchens.

Comfy, curvaceous and utterly iconic, Arne Jacobsen's Egg chair is as fresh today as it was in 1958. The Danish Modern masterpiece can be yours for several thousand kroner—or you can simply get the look with Bouclair's budgetfriendly homage.





WATCH HOME & GARDEN DIRECTOR BRETT WALTHER AND RICK MERCER CRAFT THREE DIY PLACE CARDS THAT ARE **GUARANTEED TO BREAK THE ICE AT** canadianliving.com/placecards.



TRASH...COMPACT!

Although it's prime real estate, that cupboard under the kitchen sink usually goes to waste-literally. Reclaim that precious storage space with the Totem: a clever new solution from Joseph Joseph that replaces wastebasket, compost bucket and recycling bin. Taking up no more room than a conventional

trash can, the Totem is like a filing cabinet for all streams of kitchen waste, with various drawers for presorting recycling (glass, paper, plastic and metal), as well as a caddy for carting organic matter to the composter. The best part? The lid is fitted with a carbon odour filter, so there's no rush to kick the contents to the curb. Joseph Joseph Intelligent Waste Totem, \$249 (50 L) and \$299 (60 L), danescoinc.com.

PHOTOGRAPHY: ARASH MOALLEMI (MCGILLIVRAY); GENIA SHAPIRA (GLASS)



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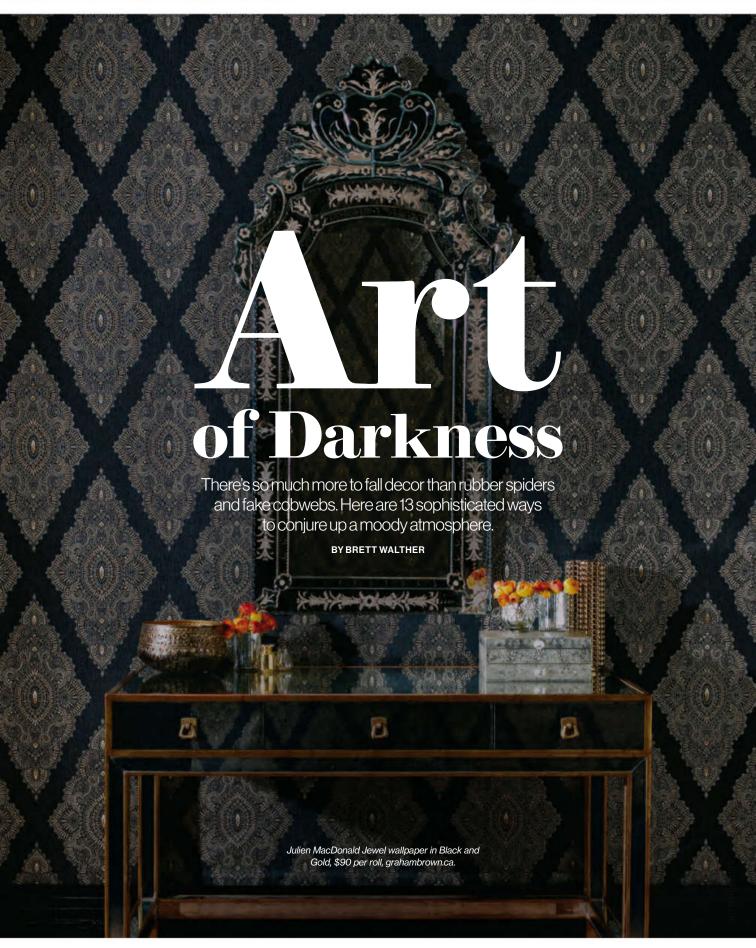
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Thanksgiving Decor DIY

Show off favourite family photos and spark conversation with this dining-table topper.

BY SARAH GUNN

Send your photos as a PDFformat file to Staples or another printon-demand service. Printing them this way will cost much less than the price of developing

PHOTO TABLE RUNNER

Thanksgiving is meant for making memories with family and friends. Share past and present snapshots by creating a photo table runner for this year's family gathering. The simple project will be the talk of the table.

YOU WILL NEED:

- · A roll of kraft paper
- An assortment of photos printed on heavyweight glossy paper
- A paper cutter or scissors
- A glue stick

TO MAKE:

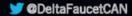
- Out the paper roll 24 inches (60 cm) longer than the table.
- 2 Upload several photos onto a Word document. Size them to fit two per page. Then, print the photos on high-gloss paper. I sent mine as a PDF to Staples. Printing them this way will cost 10 percent of the price of developing them as photos.
- 3 Cut the photos out using a paper cutter (or scissors), leaving a narrow white strip around the edges of each.
- 4 Place the kraft paper on the floor and arrange photos over it. Overlap the photos starting in the centre and working your way out in either direction.
- Once all photos are in place, glue them onto the kraft paper.
- TIP You will need approximately 60 photos for this project. I recommend printing 20 photos three times. Disperse them throughout the runner, so no matter where your guests sit, they can see each memory.

them as photos.



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pc.ca/organics



FOOD

TEST KITCHEN TIPS, P. 108

NO-BAKE PUMPKIN CHEESECAKE, P. 130





Find all our fall-inspired recipes at pc.ca/blacklabel





1

CREAMY TOMATO POT ROAST &

Hands-on time: 15 minutes Total time: 8½ hours Makes: 6 servings

Slow-cooking the beef in this saucy Swiss steak—inspired dish makes it extremely tender. You won't even have to slice the meat—just let it fall into pieces. Serve with classic Sundaydinner side dishes, such as roasted potatoes and steamed peas. Freeze any leftover sauce in an airtight container for up to three weeks.

large sweet onion, thinly sliced

	, , ,
1½ cups	sodium-reduced beef broth
½ cup	dry white wine
1/4 cup	tomato paste
6	sprigs fresh thyme
2tsp	garlic powder
¾ tsp	salt
1/4 tsp	pepper
950 g	boneless beef blade pot roast, trimmed
1/4 cup	whipping cream (35%)
3 tbsp	all-purpose flour
2 tbsp	chopped fresh parsley (optiona

In slow cooker, combine onion, broth, wine, tomato paste, thyme, garlic powder, salt and pepper. Add beef, pushing to submerge. Cover and cook on low until beef is tender. 8 to 10 hours.

Using 2 slotted spoons, remove beef to platter; remove any twine. Keep warm. Discard thyme. Skim fat from surface of cooking liquid.

In small bowl, whisk cream with flour; gradually whisk into slow cooker. Cover and cook on high until thickened, about 15 minutes. Spoon onto beef. Sprinkle with parsley (if using). (Make-ahead: Cover and refrigerate for up to 3 days.)

PER SERVING: about 341 cal, 30 g pro, 20 g total fat (9 g sat. fat), 10 g carb (1 g dietary fibre, 4 g sugar), 97 mg chol, 555 mg sodium, 446 mg potassium. % RDI: 4% calcium, 26% iron, 5% vit A, 8% vit C, 10% folate.

SLOW COOKER PULLED BEEF TACOS &

Hands-on time: 20 minutes Total time: 8½ hours Makes: 16 tacos

If you don't mind messy tacos, pour a little extra sauce from your slow cooker over top. Reserve whatever sauce is left over—it makes a great base for chili. Customize the tacos with your favourite toppings, such as thinly sliced radishes, shredded cabbage or lettuce, diced avocado, shredded cheese, sour cream and lime juice.

can (796 mL) diced tomatoes

can (156 mL) tomato paste

1	Sweet of lion, diced
1	jalapeño pepper, seeded and finely chopped
2tsp	each ground cumin and garlic powder
11/2 tsp	dried oregano
½ tsp	salt
1/4 tsp	pepper
1.2 kg	boneless beef blade pot roast, trimmed
16	soft corn or flour tortillas (6 inches/15 cm), warmed

sweet onion dicad

In slow cooker, combine tomatoes, tomato paste, onion, jalapeño pepper, cumin, garlic powder, oregano, salt and pepper. Add beef, turning to coat. Cover and cook on low until beef is tender, 8 to 10 hours.

Using 2 slotted spoons, remove beef to cutting board; remove any twine. Using 2 forks, shred into bite-size pieces. Transfer to bowl.

Skim fat from surface of cooking liquid. Add 2 cups of the cooking liquid to beef; toss to coat. (*Make-ahead: Cover and refrigerate for up to 3 days.*) Serve over tortillas.

PER TACO: about 159 cal, 15 g pro, 6 g total fat (2 g sat. fat), 10 g carb (2 g dietary fibre, 1 g sugar), 38 mg chol, 84 mg sodium, 214 mg potassium. % RDI: 3% calcium, 14% iron, 1% vit A, 5% vit C, 3% folate.



ORECCHIETTE WITH ROASTED & SUN-DRIED TOMATOES

INGREDIENTS

 $\begin{array}{ll} \text{2 pkg} & \quad \text{PC$^{\$}$ Grape Tomatoes,} \\ \text{(each 255 g)} & \quad \text{halved lengthwise} \end{array}$

1 tbsp (15 mL) olive oil $\frac{1}{4}$ tsp (1 mL) salt

1 jar (191 mL) PC® Black Label Sun-Dried

Tomato Pesto

⅓ cup (75 mL) grated PC® Black Label

Hard Ripened Sovrano Cheese

½ tsp (2 mL) salt

¼ tsp (1 mL) freshly ground black

pepper

1 pkg (500 g) PC® Black Label

Orecchiette Pasta

 $\frac{1}{2}$ cup thinly sliced fresh basil (125 mL)

INSTRUCTIONS

- Preheat oven to 400°F (200°C). Line rimmed baking sheet with parchment paper.
- Toss together tomatoes, oil and 1/4 tsp (1 mL) salt in bowl; spread onto prepared baking sheet. Roast in centre of oven for 25 minutes or until shrivelled.
- Meanwhile, combine pesto, cheese, 1/2 tsp (2 mL) salt and pepper in large bowl.
- 4. Bring large pot of salted water to a boil. Add pasta; stir occasionally until water returns to a boil. Cook for 9 to 11 minutes or until tender but firm. Drain, reserving 1 cup (250 mL) of the pasta cooking water. Toss pasta with pesto mixture. Add half of reserved pasta cooking water and toss again. Add more water if necessary to loosen sauce, adding 1/4 cup (50 mL) at a time. Stir in basil.
- Divide pasta among six bowls; spoon tomatoes over top. Serve with additional grated or shaved cheese, if desired.





Hands-on time: 15 minutes Total time: 8½ hours Makes: 6 servings

This recipe incorporates all the flavours of a charcuterie platter into a single dish. It can be difficult to cut this tender roast into thin slices, so separate the meat into chunks before serving. It will be much easier—and just as tasty! For a hearty meal, serve with mashed potatoes and our Quick Braised Red Cabbage (see recipe, right).

1½ cups sodium-reduced beef broth

½ cupdry white wine2 tbspgrainy mustard¼ tspeach salt and pepper1small onion, sliced

950 g boneless pork shoulder roast,

trimmed

½ cup all-purpose flour2 tbsp capers, drained, rinsed and chopped

⅓ cup matchstick-cut cornichons2 tbsp chopped fresh parsley

In bowl, whisk together broth, wine, mustard and half each of the salt and pepper. Arrange onion in bottom of slow cooker. Sprinkle pork with remaining salt and pepper; place on top of onion. Pour in broth mixture. Cover and cook on low until pork is tender, 8 to 10 hours.

Using 2 slotted spoons, remove pork to cutting board; remove any twine. Trim any fat from pork. Cut pork into large chunks; arrange on platter.

Skim fat from surface of cooking liquid. In small bowl, whisk flour with ¼ cup water. Whisk flour mixture and capers into slow cooker. Cover and cook on high until thickened, about 15 minutes.

Stir half of the cornichons into slow cooker. Spoon sauce over pork. Top with remaining cornichons. Sprinkle with parsley.

PER SERVING: about 427 cal, 30 g pro, 29 g total fat (11 g sat. fat), 9 g carb (1 g dietary fibre, 2 g sugar), 110 mg chol, 550 mg sodium, 507 mg potassium. % RDI: 3% calcium, 16% iron, 2% vit A, 7% vit C, 10% folate.

QUICK BRAISED RED CABBAGE ☎ & Ø

In large saucepan, melt 1 tbsp butter over medium heat. Add 2 cloves garlic, chopped, and 1 Empire apple, peeled, cored and diced; cook, stirring, until apple is beginning to soften, about 3 minutes. Stir in 8 cups shredded red cabbage, ½ tsp salt, ¼ tsp pepper and 1 cup water. Cover and cook until cabbage is almost tender, about 12 minutes. Stir in 2 tsp cider vinegar; cook, stirring, until cabbage is tender and liquid has evaporated, about 5 minutes.

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SLOW COOKER MUSSELS IN TOMATO AND FENNEL SAUCE & &

Hands-on time: 15 minutes Total time: 8½ hours Makes: 2 to 4 servings

Slow-simmering this sauce all day creates a flavourful base for cooking the mussels. The high setting on your slow cooker is great for steaming mussels without running the risk of overcooking them. This dish makes a great main for two or a starter for four. Serve with crusty bread, if desired.

900 g fresh mussels

can (796 mL) diced tomatoes

 bulb fennel, trimmed, cored and thinly sliced

1cup dry red wine
14 cup tomato paste
4 cloves garlic, minced

1tsp granulated sugar ½tsp salt

½tsp salt ¼tsp pepper

pinch hot pepper flakes

ont pepper flakes

3 tbsp whipping cream (35%)

tbsp chopped fresh tarragon

Scrub mussels; remove any beards. Discard any mussels that do not close when tapped. Set aside.

In slow cooker, combine tomatoes, fennel, wine, tomato paste, garlic, sugar, salt,

pepper and hot pepper flakes. Cover and cook on low until fennel is tender, about 8 hours.

Add mussels; cover and cook on high until mussels open, about 15 minutes. Discard any mussels that remain closed. Stir in cream. Sprinkle with tarragon.

PER EACH OF 4 SERVINGS: about 173 cal, 12 g pro, 6 g total fat (3 g sat. fat), 21 g carb (4 g dietary fibre, 11 g sugar), 33 mg chol, 721 mg sodium, 956 mg potassium. % RDI: 11% calcium, 39% iron, 12% vit A, 70% vit C, 23% folate.



For a dairy-free version of this recipe, substitute the whipping cream with two tablespoons of

extra-virgin olive oil.

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SLOW COOKER CHICKEN TIKKA MASAI A 🔀 💩

Hands-on time: 15 minutes Total time: 81/2 hours Makes: 8 servings

This aromatic curry starts with a practically prep-free sauce that gets its potent flavour from garam masala, a finely ground blend of cardamom, cinnamon, nutmeg, coriander, mace and cloves. To save time on prep, look for the ready-made mix in the spice aisle.

Chicken Tikka Masala:

1 can (796 mL) diced tomatoes
1½ cups sliced sweet onion
(about 1 small)
1 can (156 mL) tomato paste
2 tbsp packed brown sugar
1tbsp finely chopped fresh ginger
3 cloves garlic, finely chopped
2 tsp each ground cumin and
garam masala

1tsp paprika

½ tsp each salt and turmeric pinch cayenne pepper

900 g boneless skinless chicken breasts, cut in 1-inch

(2.5 cm) chunks

4 cup whipping cream (35%)1tbsp lemon juice

Cucumber Raita:

1 cup grated peeled cucumber (about half cucumber)

pinch sa

1 cup plain Balkan-style yogurt 1/4 cup chopped fresh cilantro

2 tsp lemon juice

Chicken Tikka Masala: In slow cooker, combine tomatoes, onion, tomato paste, brown sugar, ginger, garlic, cumin, garam masala, paprika, salt, turmeric, cayenne pepper and ½ cup water. Cover and cook on low for 8 to 10 hours.

Using immersion blender, purée tomato mixture until smooth. Add chicken; cover

and cook on high until chicken is no longer pink inside, about 30 minutes. Stir in cream and lemon juice. (*Makeahead: Cover and refrigerate for up to 24 hours. Reheat before serving.*)

Cucumber Raita: While chicken is cooking, in colander, sprinkle cucumber with salt; let stand for 5 minutes. Squeeze out excess liquid and pat dry.

In small bowl, stir together cucumber, yogurt, cilantro and lemon juice. (*Make-ahead: Cover and refrigerate for up to 24 hours.*) Serve with Chicken Tikka Masala.

PER SERVING: about 239 cal, 29 g pro, 7 g total fat (3 g sat. fat), 17 g carb (3 g dietary fibre, 10 g sugar), 80 mg chol, 379 mg sodium, 882 mg potassium. % RDI: 10% calcium, 21% iron, 11% vit A, 37% vit C, 8% folate.



Learn how to make this recipe at canadianliving.com/tikkamasala.

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SMOOTH AND CREAMY MASHED POTATOES P. 102

SAUSAGE, APPLE AND SAGE STUFFING P. 102

ROASTED BUTTERNUT SQUASH AND CHEDDAR GRATIN P. 105

SWISS CHARD WITH FRIZZLED ONIONS P. 105

RED WINE CRANBERRY JELLY P. 106

HERB-RUBBED ROAST TURKEY WITH FRESH SAGE GRAVY P. 106

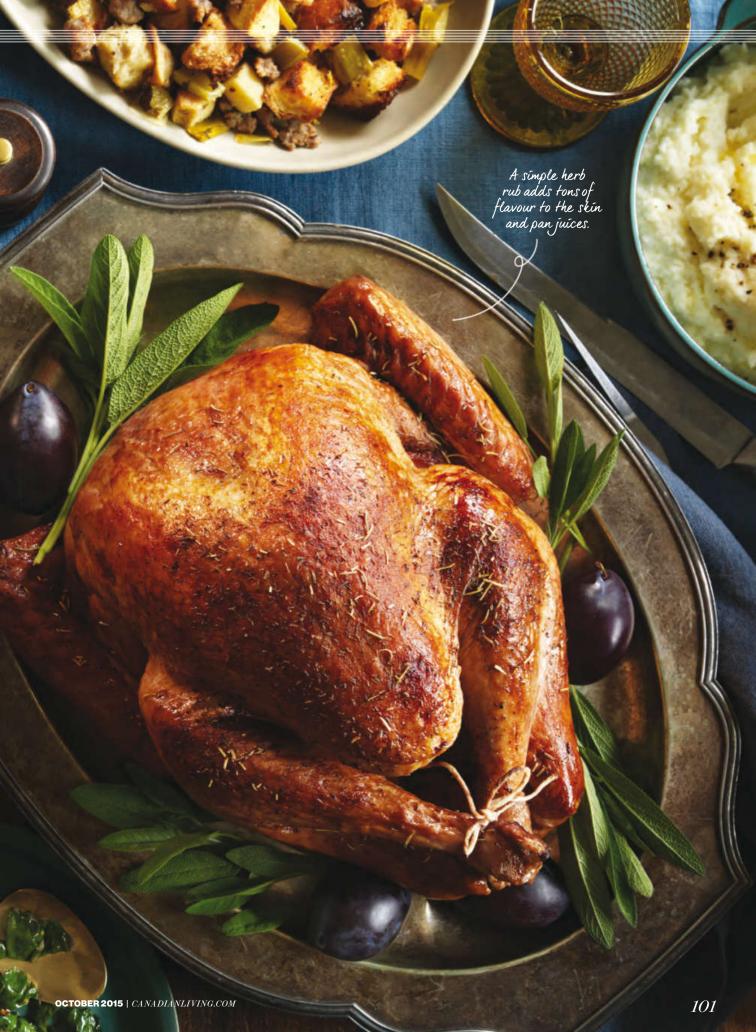
HOLIDAY MEALS

All Cogether Control of the Control

take the stress out of cooking for a crowd.

BY LEAH KUHNE & THE TEST KITCHEN









Make Red Wine Cranberry Jelly



Make herb rub for Herb-Rubbed Roast Turkey



Prepare Sausage, Apple and Sage Stuffing up to make-ahead tip

Boil and rice potatoes for Smooth and Creamy Mashed Potatoes

Prepare Roasted Butternut Squash and Cheddar Gratin up to make-ahead tip



Make Herb-Rubbed Roast Turkey



Remove Sausage, Apple and Sage Stuffing from fridge

Remove Roasted Butternut Squash and Cheddar Gratin from fridge

Slice and fry onions for Swiss Chard With Frizzled Onions



Bake Sausage, Apple and Sage Stuffing

Bake Roasted Butternut Squash and Cheddar Gratin



Finish Smooth and Creamy Mashed Potatoes

Make Fresh Sage Gravy for Herb-Rubbed Roast Turkey

Finish Swiss Chard With Frizzled Onions



Plate Red Wine Cranberry Jelly

SMOOTH AND CREAMY MASHED POTATOES 22 & Ø

Hands-on time: 15 minutes **Total time:** 30 minutes **Makes:** 8 to 10 servings

Pressing super-fluffy russet potatoes through a ricer is the key to creating the smoothest mash you've ever tasted. Doing it a day ahead is a serious time-saver: Simply stir together your ingredients and reheat 12 minutes before dinner!

2.25 kg russet potatoes, peeled and cut

in chunks

114 cups 10% cream
14 cup butter
11 tsp salt
14 tsp pepper

In saucepan of boiling salted water, cook potatoes until fork-tender, about 15 minutes; drain well. Press potatoes through potato ricer. (Make-ahead: Spread onto parchment paper-lined rimmed baking sheet; let cool. Cover and refrigerate for up to 24 hours. Continue with recipe, adding 8 minutes to cook time.)

In large saucepan, heat together cream, butter, salt and pepper over medium heat until butter is melted. Add potatoes; cook, stirring frequently, until smooth and hot, about 4 minutes.

PER EACH OF 10 SERVINGS: about 226 cal, 5 g pro, 8 g total fat (5 g sat. fat), 36 g carb (2 g dietary fibre, 1 g sugar), 22 mg chol, 730 mg sodium, 751 mg potassium. % RDI: 5% calcium, 11% iron, 6% vit A, 47% vit C, 11% folate.

SAUSAGE, APPLE AND SAGE STUFFING &

Hands-on time: 25 minutes Total time: 1 hour Makes: 8 to 10 servings

Toasting the bread beforehand means you won't have to worry about sogginess, while adding flavourful pork sausage keeps it moist in the oven.

12 cups cubed crusty French bread or Italian

bread (about 1 loaf)

¼ cup butter

pkg (500 g) fresh pork sausage,

casings removed

2 cups diced leeks (white and light

green parts only)

1 cup diced celery

sweet cooking apples (such as Gala), peeled, cored and diced

½tsp pepper ¼tsp salt

⅓ cup chopped fresh parsley3 tbsp chopped fresh sage

11/2 cups sodium-reduced chicken broth

2 eggs

Arrange bread on rimmed baking sheet; toast in 350°F (180°C) oven until light golden, 10 to 12 minutes. Transfer to large bowl.

While bread is toasting, in large skillet, melt half of the butter over medium-high heat; cook sausage, breaking up with spoon, until browned, about 8 minutes. Using slotted spoon, remove to bowl with bread.

In same skillet, melt remaining butter over medium heat; cook leeks and celery, stirring occasionally, until beginning to soften, about 6 minutes. Add apples, pepper and salt; cook, stirring, until tender-crisp, about 4 minutes. Stir into bread mixture. Add parsley and sage.

In bowl, whisk broth with eggs; drizzle over bread mixture. Toss to coat.

Scrape into greased 13- x 9-inch (3 L) baking dish; cover with foil. (*Make-ahead*: Refrigerate for up to 24 hours. Let stand at room temperature for 1 hour before continuing with recipe.) Bake in 425°F (220°C) oven for 20 minutes; uncover and bake until top is browned, 10 to 15 minutes.

PER EACH OF 10 SERVINGS: about 345 cal, 14g pro, 20 g total fat (8 g sat. fat), 28 g carb (2 g dietary fibre, 6 g sugar), 87 mg chol, 757 mg sodium, 293 mg potassium. % RDI: 5% calcium, 19% iron, 12% vit A, 10% vit C, 30% folate.



Switch up the flavour with different types of sausage, such as farmer's, honey-garlic or chorizo.



PREPARE MASHED POTATOES



Press cooked potatoes through a potato ricer.

Cover and refrigerate for up to 24 hours.

Reheat with cream, butter and seasoning right before serving.

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GET PERFECTLY CRISP FRIED ONIONS



Cut a large onion lengthwise in half, then into thin slices.

Toss the onion with cornstarch and a pinch of salt to coat.

After frying, drain on a paper towel-lined rimmed baking sheet.



ROASTED BUTTERNUT SQUASH AND CHEDDAR GRATIN & Ø

Hands-on time: 20 minutes Total time: 1½ hours Makes: 8 to 10 servings

Roasting the squash before layering it in the gratin enhances its flavour. This step also cuts down on Turkey Day prep—just sprinkle on the topping and pop it into the oven after the turkey comes out.

1 large butternut squash (about 2 kg), peeled, seeded and cut in ¾-inch

(2 cm) cubes

2 tsp olive oil
1 tsp salt
½ tsp pepper
2 tbsp butter

1 cup diced leek (white and light

green parts only)

2 cloves garlic, minced

1½ tsp chopped fresh thyme

¼ cup all-purpose flour

2 cups milk

2 tsp Dijon mustard pinch nutmeg

2 cups shredded old Cheddar cheese

In large bowl, toss together squash, oil and ¼ tsp each of the salt and pepper; arrange in single layer on lightly greased foil-lined rimmed baking sheet. Roast on bottom rack of 450°F (230°C) oven, tossing once, until tender and edges are light golden, 20 to 25 minutes. Transfer to greased 8-cup (2 L) baking dish.

While squash is roasting, in saucepan, melt butter over medium heat; cook leek, garlic and 1 tsp of the thyme, stirring often, until softened, about 5 minutes. Sprinkle with flour; cook, whisking constantly, for 1 minute. Whisk in milk, mustard, nutmeg and remaining salt and pepper; bring to boil. Reduce heat and simmer, stirring, until thick enough to coat back of spoon, about 5 minutes. Stir in 1 cup of the Cheddar.

Pour leek mixture over squash. (Makeahead: Cover and refrigerate for up to 24 hours. Let stand at room temperature for 1 hour before continuing with recipe.) Sprinkle with remaining Cheddar and thyme. Cover and bake in 425°F (220°C) oven for 30 minutes; uncover and bake until top is browned, 10 to 15 minutes.

PER EACH OF 10 SERVINGS: about 219 cal, 9 g pro, 12 g total fat (7 g sat. fat), 21 g carb (3 g dietary fibre, 6 g sugar), 34 mg chol, 429 mg sodium, 515 mg potassium. % RDI: 26% calcium, 10% iron, 169% vit A, 37% vit C, 19% folate.

SWISS CHARD WITH FRIZZI FD ONIONS 😰 👿 🔕 🥖

Hands-on time: 35 minutes Total time: 35 minutes Makes: 8 to 10 servings

Frizzled onions add instant sophistication to even the most humble side dish. Garlic and hot pepper flakes infuse the oil—and the Swiss chard—with flavour.

bunches Swiss chard, stems and leaves separated

3 cups thinly sliced onion (about 1 large)

4 cup cornstarch

½ tsp salt

vegetable oil for frying

2 tbsp olive oil

6 cloves garlic, thinly sliced

pinch hot pepper flakes 1/4 tsp pepper

1tbsp lemon juice
1/2 tsp grainy mustard
1/2 tsp liquid honey

Cut Swiss chard stems into ½-inch (1 cm) lengths; coarsely chop Swiss chard leaves. Set aside.

In large bowl, sprinkle onion with cornstarch and pinch of the salt; toss to coat. Shake off any excess.

In cast-iron or heavy-bottomed skillet, add enough vegetable oil to come ¼ inch (5 mm) up side; heat over medium heat. Working in batches, fry onions, stirring occasionally, until crisp and golden, 2 to 3 minutes. Using slotted spoon, remove to paper towel–lined plate to drain. (Make-ahead: Store at room temperature for up to 2 hours.)

In large nonstick skillet, heat together olive oil, garlic and hot pepper flakes over medium heat; cook, stirring often, until fragrant and edges of garlic are golden, about 2 minutes. Add Swiss chard stems, remaining salt and the pepper; cook, stirring occasionally, until tender-crisp, 8 to 10 minutes. Add half of the Swiss chard leaves; cook, stirring, until beginning to wilt, about 1 minute. Add remaining Swiss chard leaves; cook, stirring, until wilted, about 4 minutes.

In small bowl, whisk together lemon juice, mustard and honey. Stir into Swiss chard mixture. Scrape into bowl; top with onions.

PER EACH OF 10 SERVINGS: about 129 cal, 2 gpro, 10 g total fat (1 g sat. fat), 10 g carb (2 g dietary fibre, 3 g sugar), 0 mg chol, 254 mg sodium, 470 mg potassium. % RDI: 5% calcium, 14% iron, 46% vit A, 27% vit C, 5% folate.



Try the frizzled onions over sautéed green beans, broccoli or any green vegetable.



Watch how to make our crispy Frizzled Onions at canadianliving.com/frizzledonions.

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RED WINE CRANBERRY JELLY ☎ ☒ &

Hands-on time: 15 minutes Total time: 121/4 hours Makes: about 6 cups

For a stunning centrepiece, use a traditional jelly mould for this wine-infused retro jelly. (A deep bowl will also work well.)

3 cups cranberry juice
3 cups fresh or thawed frozen cranberries

11/4 cups granulated sugar
1 cup dry red wine
4 sprigs fresh thyme
3 pkg unflavoured gelatin

In saucepan, bring cranberry juice, cranberries, sugar, wine and thyme to boil; reduce heat, cover and simmer until cranberries begin to break down, about 3 minutes.

Strain through fine-mesh sieve, reserving cranberries; discard thyme. Line same sieve with 3 layers of cheesecloth. Strain again; discard seeds.

In small saucepan, add ½ cup water; sprinkle gelatin over top. Let stand until absorbed, about 5 minutes. Cook over medium-low heat, stirring, until gelatin is melted. (Do not boil.) Stir into juice mixture. Stir in reserved cranberries.

Rinse 6-cup (1.5 L) jelly mould or deep bowl. (Do not dry.) Pour in cranberry

mixture. Cover and refrigerate until set, about 12 hours. (*Make-ahead: Refrigerate for up to 3 days.*)

Dip mould into warm water for 5 seconds. Invert jelly onto serving platter, gently shaking to release.

PER TBSP: about 17 cal, trace pro, trace total fat (0 g sat. fat), 4 g carb (trace dietary fibre, 4 g sugar), 0 mg chol, 1 mg sodium, 11 mg potassium. % RDI: 2% vit C.

HERB-RUBBED ROAST TURKEY WITH FRESH SAGE GRAVY 🗷 💩

Hands-on time: 30 minutes Total time: 4 hours Makes: 10 to 12 servings

Dressed in a classic array of herbs that you'll find in your pantry, this turkey is one that your family can enjoy for years to come. To add even more herb flavour, we've added fresh sage to the gravy, but feel free to omit it, if desired.

Herb-Rubbed Roast Turkey:

5 tsp olive oil
2 tsp sweet paprika
2 tsp dried rosemary
2 tsp dried thyme
2 tsp dried sage
1 tsp dried savory
½ tsp each salt and pepper

turkey (about 5 kg)



Prefer a more traditional cranberry sauce? Watch how to make our easy version at canadianliving.com/ cranberrysauce.

Fresh Sage Gravy:

½ cup dry white wine

2 cups sodium-reduced chicken broth

⅓ cup all-purpose flour2 tbsp julienned fresh sage

Herb-Rubbed Roast Turkey: In small bowl, whisk together oil, paprika, rosemary, thyme, sage, savory, salt and pepper. (*Make-ahead: Cover and store at room temperature for up to 48 hours.*)

Remove giblets and neck from turkey; place neck in roasting pan. Twist wings and tuck behind back. Place turkey, breast side up, on rack in roasting pan; rub all over with oil mixture.

Roast in 325°F (160°C) oven, basting every 30 minutes and covering loosely with foil if browning too quickly, until instant-read thermometer inserted in thickest part of breast reads 170°F (77°C), about 3 hours.

Wearing oven mitts and using tongs, gently tip turkey to pour any juices from cavity into roasting pan; reserve juices for Fresh Sage Gravy. Discard neck. Transfer turkey to platter; tent loosely with foil. Let stand for 45 minutes before carving.

Fresh Sage Gravy: While turkey is resting, tilt roasting pan so juices collect at 1 end. Skim fat from surface; discard. Pour juices into heatproof bowl. Set aside.

Stir wine into roasting pan; bring to boil over medium-high heat. Continue to boil for 1 minute, scraping up any browned bits from bottom of pan.

In bowl, whisk broth with flour until smooth; whisk into roasting pan along with reserved turkey juices; bring to boil. Reduce heat and simmer, whisking often, until thickened, 5 to 8 minutes. Strain through fine-mesh sieve into heatproof bowl; stir in sage. Serve with turkey.

PER EACH OF 12 SERVINGS: about 332 cal, 57 gpro, 8g total fat (2 gsat. fat), 3 g carb (1 g dietary fibre, trace sugar), 188 mg chol, 339 mg sodium, 835 mg potassium. %RDI: 3% calcium, 13% iron, 3% vit A, 2% vit C, 10% folate.



In the Test Kitchen, we roasted this turkey at many different temperatures and found that 325°F

(160°C) results in the perfect combination of crisp skin and juicy, tender meat.





USE THE BONES

Take a little extra time to make **turkey stock** from your Thanksgiving turkey carcass, then freeze it in an airtight container. You can use it to make an extra-flavourful gravy come Christmastime. Find our recipe at canadianliving.com/turkeystock.

— Jennifer Bartoli



KITCHEN CRUSH

I love those stock-base pastes that come in a jar. They take up virtually no room in your pantry or fridge, **you can mix the exact amount you need** and they keep for ages in your fridge! — AW



SMART PREP

At Thanksgiving, I prep as much as I can in advance: I cube the bread for my stuffing and freeze it in resealable freezer bags. The night before, I prepare and cook the other ingredients for the stuffing. Then, on Thanksgiving Day, I simply mix everything together and bake! — Leah Kuhne



- Use half butter, half lard. The butter is there for flavour, while the lard keeps the dough supple and prevents the crust from shrinking. All-butter pastry (although extremely tasty!) is much harder to work with and prone to shrinking.
- 2 Once you cut the fat into your flour, chill the bowl in the freezer for 10 minutes before adding the liquid. Keeping everything ice cold increases the flakiness of the crust.
- 3 Don't handle the dough too much. All it needs is a few kneads, just until it forms a loose, ragged ball.

- When rolling out dough, never roll over the edge, otherwise it will become thin, tapered and cracked. Rotate the dough and bulges along the edge will disappear as you roll.
- 6 Bake your pie on the bottom rack of the oven in a glass pie plate so you can see when the bottom is golden brown. The crust takes the longest to cook, and there's nothing more unappetizing than a soggy, underbaked piecrust. Annabelle Waugh, Food director



Watch guest editor Rick Mercer and Annabelle make apple pie at canadianliving.com/applepie.







THE DOUBLE DOUBLE

Makes: 1 drink

Ask any Canadian what a double double is and you'll get a description of a sweet, creamy coffee that Canucks "always have time for." Although the double double-coffee with two creams and two sugars—isn't technically on the Tim Hortons menu, it's become synonymous with the brand. We couldn't resist making a nighttime counterpart to the popular coffee order. We initially envisioned an equal-parts drink-two shots whisky and two shots Kahlúa-but we realized it's just not a double double without all that creamy goodness, so we incorporated whisky cream liqueur.

1½ oz Canadian whisky, such as Forty Creek Barrel Select

¾ oz Kahlúa

¾ oz Forty Creek Cream Liquor

1 dash Angostura bitters handful ice cubes

small pinch finely ground espresso, for garnish

Pour all ingredients except ice and espresso into a mixing glass. Add ice and stir until chilled. Strain through a julep strainer into a chilled mug or glass. Sprinkle with espresso to garnish. Serve with a coffee stir stick, if you like.



Excerpted from A Field Guide to Canadian Cocktails (Appetite by Random House, \$25) by Scott McCallum and Victoria Walsh. Photography by Juan Luna. Available Oct. 20.

READ OUR Q&A WITH THE HUSBAND-AND-WIFE TEAM WHO TRAVELLED ACROSS CANADA TO PRODUCE THIS BOOK AT canadianliving.com/fieldguide.



Cheesecake as sweet as pie.

PECAN PIE CHEESECAKE

1-1/4 cups graham crumbs

5 Tbsp. butter, melted, divided

3 pkg (250 g each) Philadelphia Brick Cream Cheese, softened

1-1/4 cups packed brown sugar, divided

1 tsp. vanilla

6 eggs, divided

5 Tbsp. dark corn syrup

1 cup coarsely chopped pecans

HEAT oven to 350°F

MIX graham crumbs and 4 Tbsp. butter; press onto bottom of 9-inch springform pan.

BEAT cream cheese, 3/4 cup sugar and vanilla with mixer until blended. Add 3 eggs, 1 at a time, mixing on low speed after each, until just blended. Pour over crust.

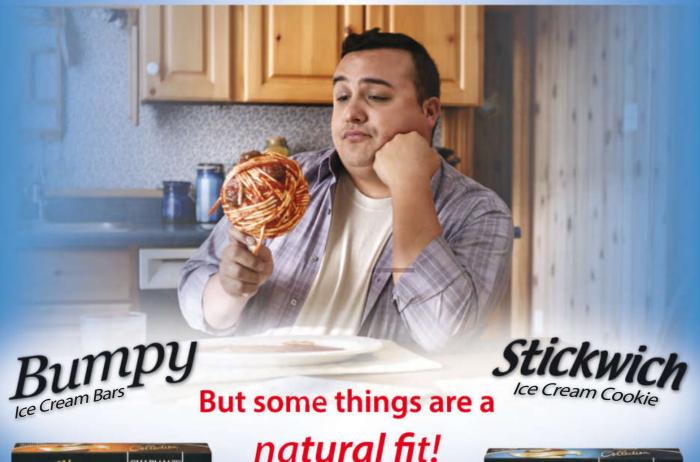
BAKE 30 min. Meanwhile, mix remaining sugar and butter until blended. Beat in remaining eggs and corn syrup; stir in nuts. Remove cheesecake from oven; gently spoon nut mixture over cheesecake. Return to oven.

BAKE 40 min. or until nut mixture is set. Cool completely. Refrigerate at least 4 hours.



CHAPMAN'S°

Some things aren't meant to be on a stick...

















Give in to temptation this fall with decadent desserts that capture the warm, sweet flavours of the season.

BY LEAH KUHNE & THE TEST KITCHEN



Spiced Pumpkin Layer Cake With Chocolate Icing, p. 114

D GRENIER. PROP STYLING, LAURA BRA

SPICED PUMPKIN LAYER CAKE WITH CHOCOLATE ICING & Ø

Hands-on time: 45 minutes Total time: 3 hours Makes: 12 to 16 servings

This stunning layer cake will make an extraordinary ending to any Thanksgiving meal. Your guests will love the unique combination of spiced pumpkin cake and rich, buttery chocolate icing.

Spiced Pumpkin Cake:

1½ cups granulated sugar
1 cup pumpkin purée
½ cup vegetable oil
½ cup buttermilk
2 eggs
1¾ cups all-purpose flour

1tsp baking soda 1tsp cinnamon

½ tsp each baking powder,

nutmeg and salt

each ground allspice, ground cloves and ground ginger

Chocolate Icing:

1/4 tsp

1 cup unsalted butter, softened

½ cup whipping cream (35%)2 tsp vanilla

2½ cups icing sugar pinch salt

115 g bittersweet chocolate

(about 4 oz), melted and

cooled

30 g unsweetened chocolate

(about 1 oz), melted and

cooled

Spiced Pumpkin Cake: Grease two 8-inch (1.2 L) round cake pans; line bottoms with parchment paper. Set aside.

In large bowl, beat together sugar, pumpkin, oil, buttermilk and eggs until smooth. In separate bowl, whisk together flour, baking soda, cinnamon, baking powder, nutmeg, salt, allspice, cloves and ginger; stir into pumpkin mixture until combined. Scrape into prepared cake pans, smoothing tops.

Bake in 350°F (180°C) oven until cakes spring back when lightly touched and cake tester inserted in centres comes out clean, 30 to 35 minutes. Let cool in pans for 15 minutes. Invert onto racks; let cool completely. Peel off parchment paper. (Make-ahead: Wrap in plastic wrap; store at room temperature for up to 24 hours.)

Chocolate lcing: While cake is cooling, in large bowl, beat butter until light and fluffy. Beat in cream and vanilla. Beat in icing sugar and salt until smooth. Beat in bittersweet chocolate and unsweetened chocolate, scraping down side of bowl occasionally, until fluffy and well combined, about 2 minutes.

Assembly: Place 1 cake layer on cake plate. Spread ¾ cup of the icing over top. Place second cake layer on top. Using offset palette knife, spread thin layer of the remaining icing all over cake to seal in crumbs; refrigerate until firm, about 30 minutes. Using palette knife, spread remaining icing all over cake. Refrigerate for 30 minutes.

PER EACH OF 16 SERVINGS: about 443 cal, 4g pro, 25 g total fat (11 g sat. fat), 54 g carb (2 g dietary fibre, 41 g sugar), 62 mg chol, 182 mg sodium, 130 mg potassium. % RDI: 3% calcium, 13% iron, 31% vit A, 12% folate.



To make the scallop design, pipe dots of icing vertically up the side of the cake. Using a palette

knife, smear each dot horizontally to form scallops. Repeat by piping dots at the end of each smear; repeat all over cake.

MINI PUMPKIN TARTS &

Hands-on time: 35 minutes Total time: 4 hours

Makes: 12 mini tarts

These single-serving-size pumpkin pies are a fun and easy-to-assemble take on the classic Thanksgiving dessert. Make a double batch for a large crowd and watch them disappear!

Pastry:

11/4 cups all-purpose flour

½ tsp sal

¼ cup cold unsalted butter, cubed¼ cup cold lard or vegetable

shortening, cubed

1 egg yolk

2 tbsp ice water (approx)

11/2 tbsp sour cream

Filling:

1/4 tsp

2½ cups pumpkin purée

1/4 cup whipping cream (35%)1/3 cup packed brown sugar

2 eggs
½ tsp cinnamon
¼ tsp ground ginger

vanilla

pinch ground cloves pinch nutmeg pinch salt

Garnish:

½ cup whipping cream (35%)

1tbsp icing sugar

freshly grated nutmeg

Pastry: In large bowl, whisk flour with salt. Using pastry blender or 2 knives, cut in butter and lard until mixture resembles coarse crumbs with a few larger pieces.

In separate bowl, whisk together egg yolk, ice water and sour cream; drizzle over flour mixture, tossing with fork to form ragged dough and adding up to 1 tsp more ice water if necessary. Shape into disc; wrap in plastic wrap. Refrigerate until chilled, about 1 hour. (Make-ahead: Refrigerate for up to 3 days or freeze for up to 1 month.)

On lightly floured work surface, roll out dough to generous ½-inch (3 mm) thickness. Using 3¾-inch (10 cm) round cutter, cut out 12 rounds, rerolling scraps as necessary. Press 1 round into each well of 12-count muffin pan. Refrigerate until chilled, about 30 minutes.

Filling: While dough is chilling, in bowl, beat together pumpkin, cream, brown sugar, eggs, cinnamon, ginger, vanilla, cloves, nutmeg and salt. Divide among pastry shells.

Bake in 350°F (180°C) oven until filling is set and slightly puffed, about 30 minutes. Let cool completely in pan. Refrigerate until chilled, about 1 hour. Remove from pan. (Make-ahead: Refrigerate in airtight container for up to 24 hours.)

Garnish: In bowl, beat cream with icing sugar until stiff peaks form; spoon 4 tsp onto each tart. Sprinkle with nutmeg.

PER MINI TART: about 227 cal, 4 g pro, 15 g total fat (8 g sat. fat), 20 g carb (2 g dietary fibre, 8 g sugar), 81 mg chol, 119 mg sodium, 154 mg potassium. % RDI: 4% calcium, 11% iron, 71% vit A, 2% vit C, 13% folate.



This recipe uses all but a small amount of one can of pumpkin purée. Use the leftovers to make

our No-Bake Pumpkin Cheesecakes for Two (see recipe, page 130).



Learn our accurate scoop-andsweep method of measuring flour at canadianliving.com/measuring.





Warm Pear Topping: While custard is chilling, in skillet, melt butter over medium-high heat; cook pears, stirring often, until browned and softened, about 6 minutes. Stir in maple syrup; cook, stirring, until pears are coated, about 1 minute. Scrape into bowl. Bring to room temperature. Serve over custard.

PER SERVING: about 360 cal, 5 g pro, 23 g total fat (13 g sat. fat), 34 g carb (1 g dietary fibre, 30 g sugar), 213 mg chol, 80 mg sodium, 209 mg potassium. % RDI: 11% calcium, 6% iron, 27% vit A, 2% vit C, 12% folate.



If you're unsure of whether the custard is set, insert the tip of a sharp knife into the centres.

If it comes out clean, it's done.

HONEY ALMOND PRALINE CAKE

Hands-on time: 50 minutes Total time: 2 hours Makes: 12 servings

This simple yet stunning cake gets a subtle hint of floral flavour from a touch of honey in the batter. Choose your honey wisely: The more flavourful and aromatic it is, the more it will come through in your cake.

Honey Almond Cake:

½ cup butter, softened ½ cup granulated sugar ½ cup liquid honey 2 eggs 1tsp vanilla

1½ cups all-purpose flour ½ cup ground almonds ¾ tsp baking powder ½ tsp baking soda

½tsp salt

Almond Praline:

1cup

hintor Faille:

1/3 cup butter, cubed

1/4 cup corn syrup

1/4 cup granulated sugar

2 tbsp whipping cream (35%)

1/2 cups sliced almonds, toasted

sour cream

Honey Whipped Cream:

1 cup whipping cream (35%)

1tbsp liquid honey

Honey Almond Cake: Line bottom of lightly greased 9½-inch (2.75 L) springform pan with parchment paper. Set aside.



In large bowl, beat butter with sugar until fluffy. Beat in honey. Beat in eggs, 1 at a time. Beat in vanilla. In separate bowl, whisk together flour, ground almonds, baking powder, baking soda and salt; stir into butter mixture, alternating with sour cream, making 2 additions of flour mixture and 1 of sour cream, until combined. Scrape into prepared pan, smoothing top.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean and top of cake is deep golden, 35 to 40 minutes. Let cool in pan for 10 minutes. Remove ring from pan. Let cool completely. Remove bottom of pan and parchment paper; transfer cake to serving platter.

Almond Praline: While cake is cooling, in saucepan, melt butter over medium-high heat. Add corn syrup, sugar and cream; bring to boil over medium heat, stirring, until sugar dissolves. Boil, without stirring,

until candy thermometer reads 300°F (149°C) or 1 tsp mixture dropped in cold water forms hard brittle threads, about 8 minutes. Remove from heat; stir in almonds until well coated. Spread onto parchment paper–lined rimmed baking sheet. Using rolling pin, flatten to about ½-inch (3 mm) thickness. Let cool completely on pan. Break into pieces.

Honey Whipped Cream: While praline is cooling, in large bowl, beat cream with honey until stiff peaks form.

To finish: Spoon whipped cream over top cake. Top with praline pieces.

PER SERVING: about 499 cal, 8 g pro, 33 g total fat (16 g sat. fat), 47 g carb (2 g dietary fibre, 28 g sugar), 101 mg chol, 303 mg sodium, 207 mg potassium. % RDI: 9% calcium, 11% iron, 23% vit A, 16% folate. •

TIP FROM THE TEST KITCHEN

To toast almonds, spread them onto a rimmed baking sheet and bake in a 350°F (180°C) oven,

stirring once, until golden, about 7 minutes.

OCTOBER 2015 | CANADIANLIVING.COM



CRANBERRY CAKE WITH ORANGE CHEESECAKE RIPPLE & Ø

Hands-on time: 30 minutes Total time: 2% hours Makes: 16 servings

Crème anglaise, a French term for rich custard sauce, instantly elevates cake, pie, pudding or fruit. Here, we've used it to turn this swirled sweet-tart Bundt cake—which can be enjoyed on its own as an everyday treat—into a dinner party—worthy dessert.

Orange Cheesecake Ripple:

pkg (250 g) cream cheese, softened

√₃ cup granulated sugar 1tbsp all-purpose flour

2 egg yolks

11/2 tsp grated orange zest

½ tsp vanilla

Cranberry Cake:

½ cup butter, softened 1 cup granulated sugar

1½ tsp vanilla 2 eggs

% cup sour cream 3 tbsp orange juice

2 cups all-purpose flour
1tsp baking powder
1tsp baking soda
½ tsp cinnamon

pinch salt

2 cups fresh or thawed frozen cranberries

Crème Anglaise:

1 cup whipping cream (35%)

½ cup milk

3 egg yolks¼ cup granulated sugar

pinch salt 1tsp vanilla **Orange Cheesecake Ripple:** In bowl, beat cream cheese until smooth; beat in sugar and flour. Beat in egg yolks, orange zest and vanilla until smooth. Set aside.

Cranberry Cake: In large bowl, beat together butter, sugar and vanilla until fluffy. Beat in eggs, 1 at a time, until combined. Beat in sour cream and orange juice. In separate bowl, whisk together flour, baking powder, baking soda, cinnamon and salt; stir into butter mixture. Fold in cranberries.

Scrape one-third of the cake batter into floured greased 10-inch (3 L) Bundt pan. Spoon half of the Orange Cheesecake Ripple over top; using butter knife, gently swirl to create marble effect. Scrape another third of the cake batter over top. Spoon remaining Orange Cheesecake Ripple over top; swirl with butter knife. Scrape remaining batter over top, spreading to edges.

Bake in 325°F (160°C) oven until cake tester inserted in centre comes out clean, about 1 hour. Let cool in pan for 10 minutes. Invert onto rack; let cool completely. (Make-ahead: Cover loosely with plastic wrap; store at room temperature for up to 24 hours.)

Crème Anglaise: While cake is baking, in heavy-bottomed saucepan, heat cream with milk over medium heat just until bubbles form around edge.

In bowl, whisk together egg yolks, sugar and salt. Gradually whisk in cream mixture. Return to pan; cook over medium-low heat, whisking constantly, until thick enough to coat back of spoon, about 3 minutes. (Do not boil.) Immediately strain through fine-mesh sieve into clean bowl; stir in vanilla. Place plastic wrap directly on surface. Refrigerate until chilled, about 2 hours. (Make-ahead: Refrigerate for up to 24 hours.) Serve with cake.

PER SERVING: about 345 cal, 6 g pro, 21g total fat (12 g sat. fat), 36 g carb (1 g dietary fibre, 22 g sugar), 140 mg chol, 215 mg sodium, 112 mg potassium. % RDI: 7% calcium, 9% iron, 23% vit A, 5% vit C, 19% folate.



If using frozen cranberries, thaw them on a paper towel-lined rimmed baking sheet to soak

up any excess juices.

FLAKY APPLE GALETTE WITH OAT STREUSEL &

Hands-on time: 20 minutes Total time: 2% hours Makes: 12 servings

This free-form pastry tastes just as delicious as apple pie—but with no upper crust or fluting to worry about, it's forgiving to make. The crispy oatmeal streusel helps insulate the filling while baking, keeping the apples juicy. Serve at room temperature or warm with a scoop of vanilla ice cream.

Pastry:

2½ cups all-purpose flour 2 tbsp granulated sugar

1/4 tsp sa

% cup cold butter, cubed% cup ice water (approx)

Oat Streusel:

½ cup all-purpose flour
½ cup granulated sugar
¼ cup cold butter, cubed
¼ cup quick-cooking (not instant)

rolled oats

Filling:

6 cups chopped cored peeled Empire

or Gala apples (about 5)

% cup granulated sugar2 tbsp cornstarch1tsp cinnamon

pinch each nutmeg and salt

Egg Wash:

1 egg yolk

Pastry: In bowl, whisk together flour, sugar and salt. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs with a few larger pieces. Drizzle with ice water, tossing with fork to form ragged dough and adding up to 2 tbsp more ice water if necessary. Shape into disc; wrap in plastic wrap. Refrigerate until chilled, about 1 hour. (*Make-ahead: Refrigerate for up to 3 days or freeze for up to 1 month.*)

Oat Streusel: While dough is chilling, in bowl, whisk flour with sugar. Using fingers, rub in butter until mixture resembles coarse crumbs; stir in oats. Set aside.

Filling: In large bowl, stir together apples, sugar, cornstarch, cinnamon, nutmeg and salt until well coated.

Assembly: On lightly floured large sheet of parchment paper, roll out dough into 17-inch (43 cm) circle. Using parchment paper, transfer dough to large rimmed baking sheet.

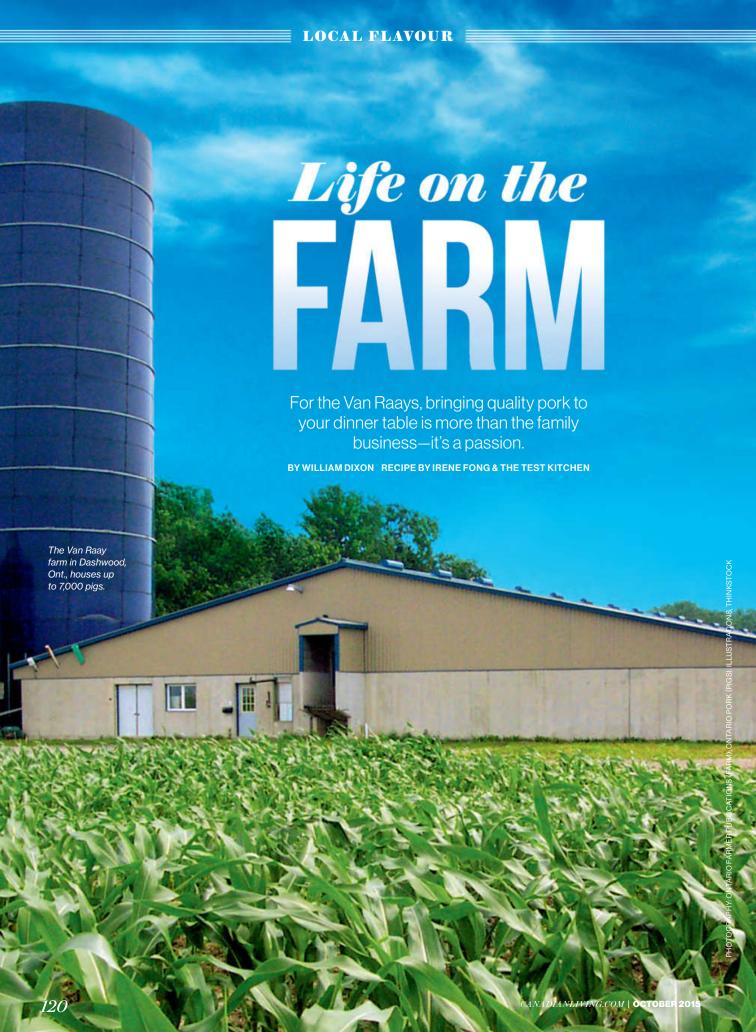
Spoon filling onto dough in even layer, leaving 3-inch (8 cm) border. Trim any excess pastry. Fold over pastry edge to make about 12-inch (30 cm) round. Trim off excess parchment paper. Sprinkle streusel over filling.

Egg Wash: Whisk egg yolk with 2 tsp water; brush over pastry.

To finish: Bake on bottom rack of 425°F (220°C) oven for 20 minutes. Reduce heat to 350°F (180°C); bake until pastry is golden brown, apples are tender and juice is thick and bubbly, about 1 hour. Let cool completely on pan.

PER SERVING: about 386 cal, 5 g pro, 17 g total fat (10 g sat. fat), 56 g carb (2 g dietary fibre, 29 g sugar), 57 mg chol, 158 mg sodium, 101 mg potassium. % RDI: 2% calcium, 13% iron, 14% vit A, 3% vit C, 22% folate.







ou might not give the origins of your breakfast bacon or holiday ham a second thought, but Teresa and Martin Van Raay do. They have been raising pigs on their 263-hectare farm in Dashwood, Ont., for 33 years. "It's so gratifying to be raising pigs and to be supplying high-quality products to our customers—it's a real passion," says Teresa.

The family puts in long days on the farm, located just minutes from Lake Huron, where at any given time, they are caring for as many as 7,000 pigs. Even with six full-time employees helping out, that's more than a full-time job in itself. Yet, Teresa feels it's important to educate Canadians about the nutritional benefits of pork, and about the sustainable, modern practices used on pig farms across Canada, so she also takes time to serve as a member of the Ontario and Canadian pork boards.

People are looking for convenient, healthful and great-tasting meals, says Teresa, and pork checks all the boxes. "You can have bacon in the morning, sliced ham at lunch and a pork chop at dinner and not realize you're eating the same product," she says. "Pork is just so versatile—we love it!"

On the Van Raay farm, pigs are grouped in pens according to weight, accessing feed (a specialized mix of corn, soybean meal, whey and a vitamin and mineral supplement) and fresh water as needed. "Every day, we do walk-throughs to check the amount of feed in the troughs, to monitor water levels, to make sure the ventilation systems are working properly and to note any needed equipment or building repairs," says Phil, the Van Raays' 26-year-old son, who works in the family business along with his brother, Dean, 30. "We also make sure the pigs are healthy, sort them for shipping and keep the barn clean and disinfected."

The standards for diet and care come from the Canadian Quality Assurance program, a Canadian Pork Council initiative that assures the country's hormone-free pork is raised to high food-safety and animal-care standards (meaning that pigs are housed humanely). For example, for optimal health, pigs can handle only a four-degree temperature variable over a period of three hours, so the temperature and ventilation inside the barns are closely tracked. Keeping those barns clean is essential, too. Whenever new pigs arrive or

market-weight animals are shipped to the processing plant, the pens and areas of contact are power washed and disinfected with an environmentally friendly hydrogen peroxide—based product. "Properly caring for your pigs means a higher-quality pork product," notes Phil.

Higher quality is the driving force behind an increasing appetite for pork, both at home and internationally: Some 7,000 pig farms across the country feed Canadians and people in more than 90 countries, with \$4.7 billion in value added to the Canadian economy every year.

Business continues to be brisk for the Van Raays. They sell some of their pork directly to consumers through their retail shop, The Whole Pig, and see about 60 percent of their product exported around the world. But for Teresa, who enjoys the camaraderie of other local farmers, it never feels like a chore. "You live and work and play together—you feel so much a part of a community," she says. Phil agrees: "You can't call it a job. It's not work; it's a way of life."

That's good news for Teresa. She enjoys farming alongside her adult children. And when the time comes, Phil and Dean may take over the business. "It's great to see the successes at the farm," she says, "and to know that, as a family, we're doing something good—in our case, growing food for the world."



Farmed pigs are grouped in pens according to weight, accessing feed and fresh water as needed.

THE VAN RAAY FARM BY THE NUMBERS



kilograms of Van Raay Farms pork is produced every year



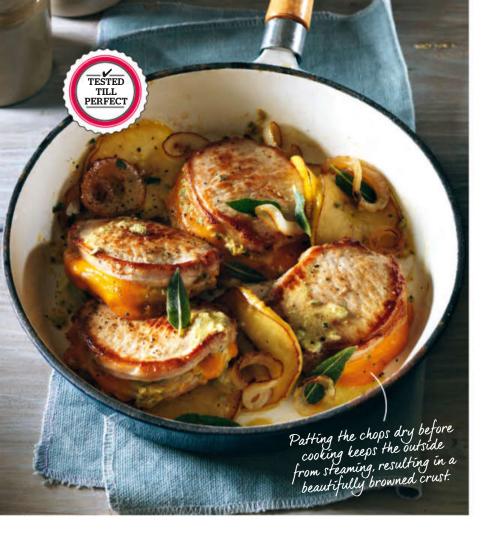
hectares of soybeans, corn and garlic are grown on the farm



pigs are raised on the farm in one year



hours are spent power washing the barn each month



STUFFED CIDER-BRINED PORK CHOPS WITH CANADIAN CHEDDAR 🔀 🔕

Hands-on time: 35 minutes **Total time:** 3 hours **Makes:** 4 servings

These juicy chops have a surprise in the centre: an ooey-gooey cheese filling. Brining the pork before cooking infuses the meat with flavour and ensures that it'll stay moist no matter how you cook it. To avoid leaks, make sure the filling is properly centred in each chop.

Brine:

1 cup boiling water 2 tbsp coarse salt

8 large fresh sage leaves
 2 cloves garlic, smashed
 1tsp black peppercorns
 2 cups apple cider, chilled

Pork Chops:

4 boneless pork loin chops (3/4-inch/2 cm thick)

5 tsp Dijon mustard
 1 tbsp chopped fresh sage
 3 cloves garlic, finely grated or pressed

¼tsp pepper

120 g extra-old **Canadian Cheddar** cheese, cut in 1/4-inch (5 mm)

thick slices

1tbsp olive oil

Roasted Apples and Onions:

2 tbsp olive oil

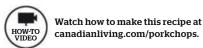
l large Golden Delicious apple, sliced crosswise in ¾-inch (2 cm) thick rounds

onion, sliced crosswise in scant ½-inch (1 cm) thick rounds

1tsp cider vinegar

pinch salt

Brine: In baking dish or large bowl, stir boiling water with salt until salt is dissolved. Stir in sage, garlic and peppercorns. Stir in apple cider. Refrigerate until chilled, about 15 minutes. (Make-ahead: Cover and refrigerate for up to 3 days.)



Pork Chops: Add pork chops to brine, submerging completely. Cover and refrigerate for 2 hours. Remove pork from brine; pat dry with paper towel. Discard brine. (*Make-ahead: Refrigerate in airtight container for up to 24 hours.*)

Meanwhile, in small bowl, stir together mustard, sage, garlic and pepper. Remove 1 tsp of the mixture to small bowl; reserve for Roasted Apples and Onions.

Arrange 1 pork chop on cutting board with narrow end closest to you. Holding sharp knife with blade parallel to cutting board and starting at 1 long side, use short strokes to gradually cut in half horizontally almost but not all the way through; open like a book. Repeat with remaining pork chops.

Spread remaining mustard mixture over cut sides of pork chops, leaving ½-inch (1 cm) border around each. Arrange one-quarter of the Cheddar in centre of each pork chop; fold over to close. Secure edges with short skewers or sturdy round toothpicks.

In large nonstick skillet, heat oil over medium-high heat; cook pork, turning once, until browned, about 2 minutes. Transfer to greased or parchment paper-lined rimmed baking sheet; bake in 350°F (180°C) oven until cheese is melted and just a hint of pink remains inside pork, about 10 minutes. Let stand for 5 minutes; discard skewers.

Roasted Apples and Onions: While pork chops are cooking, brush 1 tbsp of the oil all over apple and onion. Arrange in single layer on foil-lined rimmed baking sheet. Bake in 350°F (180°C) oven, turning once, just until softened, about 12 minutes; broil until light golden, 3 to 4 minutes.

Meanwhile, whisk remaining oil, vinegar and salt into reserved mustard mixture.

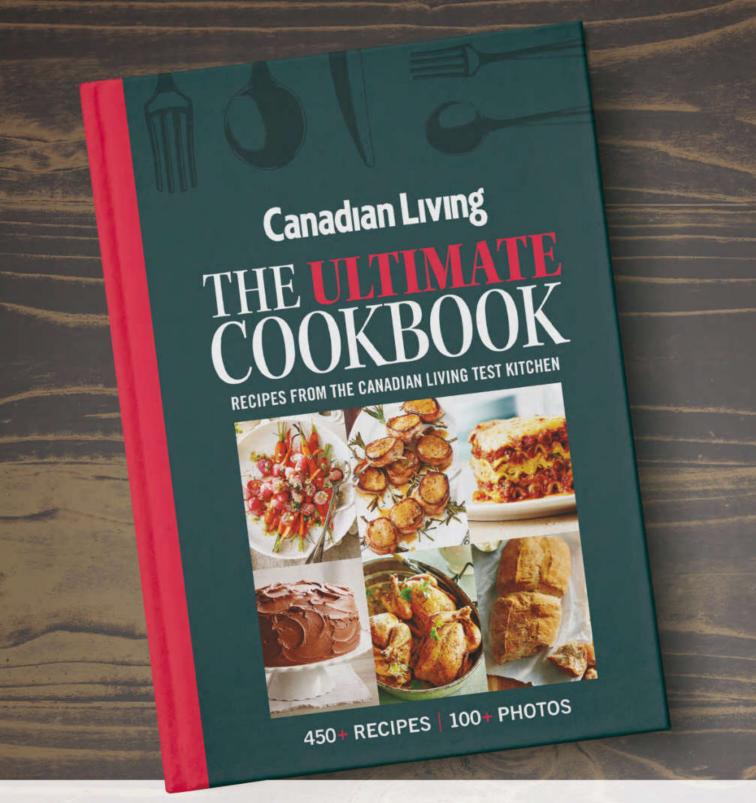
Arrange apple and onion on platter. Drizzle with mustard mixture. Top with pork.

PER SERVING: about 494 cal, 39 g pro, 29 g total fat (11 g sat. fat), 18 g carb (3 g dietary fibre, 11 g sugar), 104 mg chol, 674 mg sodium, 622 mg potassium. % RDI: 24% calcium, 11% iron, 9% vit A, 12% vit C, 9% folate.



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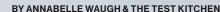






drop-dead delicious

Enjoy the classic combination of sweet apples and sharp aged Cheddar in these moist, fluffy biscuits—no rolling pin necessary!





APPLE CHEDDAR DROP BISCUITS & Ø

Hands-on time: 15 minutes Total time: 30 minutes Makes: about 12 biscuits

Grated apple lends these easy-tomake retro biscuits their tender texture. Choose a baking apple commonly used in pie for the fluffiest, moistest biscuits. Serve them warm alongside soup, stew, chili or a roast dinner.

1% cups all-purpose flour 4 tsp baking powder 1 tbsp granulated sugar ½ tsp salt

1/4 cup cold butter, cubed 1 cup shredded extra-old Cheddar cheese

1 cup grated cored peeled Cortland or Spartan apple (about 1)

2 green onions, minced

¾ cup milk

In large bowl, whisk together flour, baking powder, sugar and salt. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs with a few larger pieces. Stir in Cheddar, apple and green onions. Using fork, stir in milk to form ragged dough.

Drop by ¼ cup, 1½ inches (4 cm) apart, onto parchment paper–lined rimless baking sheet. Bake in 425°F (220°C) oven until lightly browned, 13 to 15 minutes.

PER BISCUIT: about 157 cal, 5 gpro, 8 g total fat (5 g sat. fat), 17 g carb (1 g dietary fibre, 3 g sugar), 21 mg chol, 290 mg sodium, 69 mg potassium. % RDI: 12% calcium, 8% iron, 7% vit A, 2% vit C, 14% folate.



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October 2015

BEEF & PORK

Creamy Tomato Pot Roast 🔕	94
Sausage, Apple and Sage Stuffing 🔕	102
Slow Cooker Pork Charcutière 🛛 🔕	96
Slow Cooker Pulled Beef Tacos 🔕	94
Stuffed Cider-Brined Pork Chops	
With Canadian Cheddar 😰 🔕	122

BEVERAGES

The Devilete Devilete		440
The Double Double 🕻	30	110

BREADS

Apple Cheddar Drop Biscuits	و ۵	124
-----------------------------	-----	-----

CANDY

Almond Praline	0	1	17
All Hollu Fraillie			1/

CREAMS, CUSTARDS & ICINGS

Chocolate Icing 🛜 🔕 💋	114
Crème Anglaise 📅 🚨 💋	118
Honey Whipped Cream 🔽 े 💋	117
Maple Custard 🙄 🔕 💋	116

DESSERTS

Cranberry Cake With Orange Cheesecake Ripple 🔕 💋	118
Flaky Apple Galette With Oat Streusel	119
Honey Almond Praline Cake 💋	117
Maple Pots de Crème 😰 🚨 🥖	116
Mini Pumpkin Tarts 🚨	114
No-Bake Pumpkin Cheesecakes for Two ፟፟፟	130
Spiced Pumpkin Layer Cake With Chocolate Icing 2 9	114

POULTRY

Herb-Rubbed Roast Turkey	
With Fresh Sage Gravy 🖫 🔕	106
Slow Cooker Chicken Tikka	
Masala 😰 🚨	98

SAUCES & SPREADS

Cucumber Raita 🔽 🔕 💋	98
Fresh Sage Gravy 🛭 🔕	106
Red Wine Cranberry Jelly 🗯 🗖 🔕	106

SEAFOOD

Slow Cooker Mussels in Tomato	
and Fennel Sauce 🔞 🐧	97

SIDES & VEGETABLES

Quick Braised Red Cabbage 🔽 🕸 💋	96
Roasted Apples and Onions 🔽 🗑 🔕 💋	122
Roasted Butternut Squash and Cheddar Gratin 8 0	105
Sausage, Apple and Sage Stuffing 🚨	102
Smooth and Creamy Mashed Potatoes 🖸 🕹 💋	102
Swiss Chard With Frizzled	105

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"Mashed potatoes. So simple and delicious."

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"Turkey is nothing without the stuffingespecially for leftover sandwiches."

"My perfect forkful has stuffing, squash, cranberries and gravy."

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easier than pie

Transform leftover pumpkin purée into a speedy five-ingredient dessert that's sure to become your full-fledged fall obsession.

BY JENNIFER BARTOLI & THE TEST KITCHEN

NO-BAKE PUMPKIN CHEESECAKES FOR TWO 20 00

In large bowl, beat 85 g cream cheese, softened, until smooth; beat in 3 tbsp granulated sugar for about 2 minutes. Beat in ½ cup pumpkin purée, 2 tbsp whipping cream (35%) and ¼ tsp pumpkin pie spice. Scrape into two 6-oz (175 mL) ramekins or glasses, smoothing tops. Refrigerate until firm, about 1 hour. In bowl, beat ¼ cup whipping cream (35%) with ½ tsp granulated sugar until soft peaks form. Spoon over cheesecakes. Sprinkle with a little extra pumpkin pie spice, if desired. **Makes 2 servings.**

PER SERVING: about 383 cal, 4 g pro, 30 g total fat (18 g sat. fat), 26 g carb (1g dietary fibre, 23 g sugar), 104 mg chol, 155 mg sodium, 181 mg potassium. % RDI: 8% calcium, 6% iron, 122% vit A, 3% vit C, 5% folate.

TIP FROM THE TEST KITCHEN OI

Don't have pumpkin pie spice on hand? Whisk together ¾ tsp cinnamon. ½ tsp ground ginger

and ¼ tsp each nutmeg and ground cloves, and use ¼ tsp from that mixture.



Watch how to make this recipe at canadianliving.com/ cheesecakes.

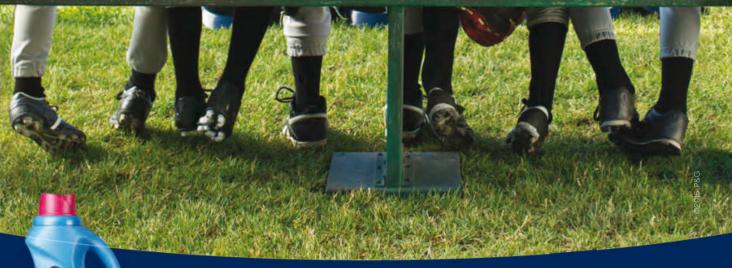


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gingersnap cookie for

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